AFRO VIBES TV & RADIO MAGAZINE

ISSUE #1

A Worldwide Streaming Platform Bringing the Best Entertainment on Television, Radio and Magazine!



THE TRUTH ABOUT
BLACK MENTAL HEALTH

10 SECRET BEAUTY HACKS,
YOU CAN TRY!!

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AFROBEATS TORCH BEARER 2FACE LAUDS
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READ ABOUT
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LEGENDARY REGGAE ARTIST,
KYMANI MARLEY GIVES US INSIGHT ON HIS UPCOMING MOVIE PROJECT "VENDETTA"

AMERICAN COMEDIAN RUDY RUSH TALKS CAREER,
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BUBBLY AT BUCKWYLD: LET THE MAGIC RE-BEGIN!

These are exciting times at Buckwyld Media Network. The Lagos-based creative resource and production outfit is credited with a good deal of groundbreaking projects over the last decade.

As the pandemic slowly eases down, the gang of creatives are back on the beat prepping for their regular live events, Jos Chillin', Eargasm and the big return of the fantabulous "Buckwyld 'n' Breathless" in February 2022.

On the audio-visual side, "Blue Panthers Rising: The Mees Palace Football Academy Origin Story" documentary is scheduled for release via an exclusive VIP screening on December 3, 2021. Season 1 of "The Spot", a video podcast hosted by Efe Omorogbe alongside Phenom, Funmi Dakum and Helen Abutu, is also ready for release and these are at best, the calm before the storm.

Founded by respected Music Executive and Creative Entrepreneur Efe Omorogbe, Buckwyld Media has earned a reputation as the go-to outfit for creative and production solutions for organizations that seek impactful entertainment, marketing communication and branding campaigns.

C.E.O and creative lead, Efe Omorogbe states,

"If it's tricky, we're interested. If it seeks to push the envelope in style, substance and impact, we're excited. It's the way we've always rolled and I guess it's the reason why our journey thus far is littered with flashpoints that have been pivotal in the growth of the culture - Hip Hop World Magazine, Global Sounds, HipTv, Headies, Str8 Up Hip Hop, Brand 2Baba, Buckwyld 'n' Breathless, AFRIMA, Jos Chillin' and so much more. At Buckwyld Media, we deliver solutions. Period!"

With a vision to be Africa's foremost content hub, the company continues to expand its range of activities, a key example being the critically acclaimed feature film "Power of 1" directed by the award-winning, Izu Ojukwu.

Executive director/Head, admin/finance, Rhiemen Omorogbe better known as Phenom reiterates, "Buckwyld is who we are. The forms and formats of expression will continue to evolve but the product will always be the same - top notch. It's in our DNA".



Efe Omorogbe



Helen Abutu



Rhiemen Omorogbe

Executive director/ chief operating officer, Helen Emoh Abutu quips, "Peep the list, get the gist - our partners, clients and sponsors. It is the elite club of players in this space and they have from time to time, trusted Buckwyld Media to deliver the goods. Star, Virgin Atlantic, Access Bank, Coca-Cola, Amstel Malta, NURHI, Trophy Stout, Campari, GAC Motors, Senator Florence Ita-Giwa, 2Baba, Ice Prince/ Chocolate City, AFRIMA, Headies, Orlean Invest, Lagos State, Sahara Group and many more. Our service range covers creative direction (audio-visual and live), content production, talent liaison (sourcing, booking and management), event management and tv/film production and time and again, we get the job done."



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HOUSTON GIVES US A PROCLAMATION

GREETINGS HOUSTONIANS AND SUPPORTERS WORLDWIDE

As you know, Afrovibes Radio has been growing and making impactful connections globally for nearly six years. Additionally, Afrovibes Television has been building rapidly since October of 2020. From our hard work and success we have made great strides in bringing listeners and viewers quality music, shows, events, and networking opportunities.

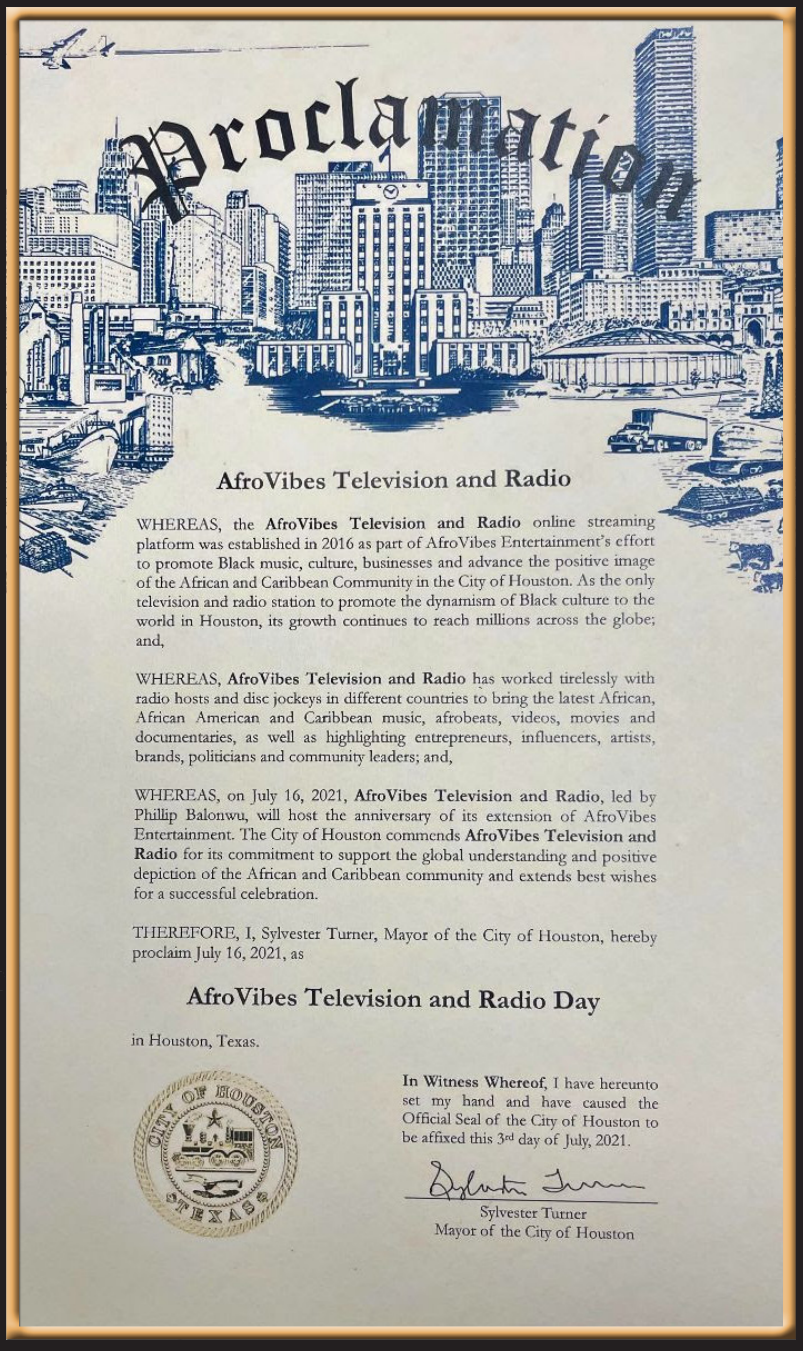
Because of our owner, Phillip Balonwu, the Afrovibes Team, and the viewers and listeners at home, we are happy to announce that The City of Houston's Mayor Sylvester Turner has granted Afrovibes Entertainment an official Proclamation!



Mayor of houston,
Sylvester turner,
Gives afrovibes tv & radio
Proclamation award

From now on, July 16th will officially be Afrovibes Television & Radio Day!

We want to extend heartfelt gratitude to our supporters, as Afrovibes TV and Radio has grown and expanded. Reaching such an accomplishment would not have been possible without you! Many of you have promoted your business or brand through interviews, commercials and business mentions on TV shows. Some of you have purchased our Red Carpet event packages for your business mixers or even birthdays. Artists have had their songs played on Afrovibes Radio or music videos played on Afrovibes TV!



Proclamation

AfroVibes Television and Radio

WHEREAS, the **AfroVibes Television and Radio** online streaming platform was established in 2016 as part of AfroVibes Entertainment's effort to promote Black music, culture, businesses and advance the positive image of the African and Caribbean Community in the City of Houston. As the only television and radio station to promote the dynamism of Black culture to the world in Houston, its growth continues to reach millions across the globe; and,

WHEREAS, **AfroVibes Television and Radio** has worked tirelessly with radio hosts and disc jockeys in different countries to bring the latest African, African American and Caribbean music, afrobeats, videos, movies and documentaries, as well as highlighting entrepreneurs, influencers, artists, brands, politicians and community leaders; and,

WHEREAS, on July 16, 2021, **AfroVibes Television and Radio**, led by Phillip Balonwu, will host the anniversary of its extension of AfroVibes Entertainment. The City of Houston commends **AfroVibes Television and Radio** for its commitment to support the global understanding and positive depiction of the African and Caribbean community and extends best wishes for a successful celebration.

THEREFORE, I, Sylvester Turner, Mayor of the City of Houston, hereby proclaim July 16, 2021, as

AfroVibes Television and Radio Day

in Houston, Texas.

CITY OF HOUSTON TEXAS

In Witness Whereof, I have hereunto set my hand and have caused the Official Seal of the City of Houston to be affixed this 3rd day of July, 2021.

Sylvester Turner
Mayor of the City of Houston

WE WOULD LIKE TO PERSONALLY SAY THANK YOU AND WE HOPE TO CONTINUE PROMOTING BUSINESSES, BRANDS, ARTISTS AND MORE!

Interested in being a guest on the show, then reach out to info@afrovibesentertainment.com today or call 1-800-657-5101!

ABOUT
AFROVIBES TV & RADIO



Afrovibes TV and Afrovibes Radio Station is a 24/7 online Radio and TV station, promoting music, culture and businesses of all nationalities and ethnicities. Though we are based in Houston, Texas, our reach is worldwide.

Afrovibes TV was recently launched to bring the latest music videos, movies, and documentaries to the forefront while highlighting entrepreneurs and community leaders, events and even hosting grand openings, weddings, birthdays and events! We are proud to produce Afrovibes Original TV shows that play on our platform (Roku TV, Amazon Fire TV, our app, our website).

We launched Afrovibes TV channel on Roku TV, which is the #1 streaming platform in the US, reaching more than 100 million viewers. We are also on Amazon Fire TV which reaches 40 million viewers. In addition, we have a mobile app, Afrovibes TV and Radio, and is available on Apple and Google PlayStore. You can also watch on our website: www.afrovibes.tv. In addition, we provide VideoOnDemand option for viewers to catch up on previously aired shows anytime. Since 2016, Afrovibes Radio plays popular songs, shows, and interviews, now reaching millions of listeners globally in 180+ countries. Afrovibes TV and Radio interviews artists, content creators, entrepreneurs, and politicians.

We have received an official Proclamation from the Mayor of Houston Sylvester Turner on behalf of the City of Houston, Texas honoring the work Afrovibes Television and Radio has done in the community on July 16th, 2021 day. The proclamation highlights our support to the global understanding and positive depiction of African and Caribbean communities, along with our promotion of businesses, politicians, community leaders, and brands. We are honored and aim to continue promoting businesses and brands worldwide!

Philip Balonwu is the owner of Afrovibes Entertainment LLC. and Afrovibes Media Group, which includes Afrovibes TV, Radio and now Magazine. His vision is to give a platform where all ethnicities, business owners, creatives, influencers, politicians and individual contributors can speak and be heard on a national scale. His goal is to improve community dialogue, encourage individual and artistic expression, and provide a vehicle for collaborating and solving local and global interests.



AFRO VIBES TV
A WORLDWIDE STREAMING PLATFORM

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@afrovibesradio @afrovibestelevision

OWNER'S INSIGHT



First of all, I will like to use this opportunity to say "Thank You" for being here! You are part of our story as we launch the first ever magazine here at Afrovibes TV and Radio, Houston, Texas! Your continued support is what brought us to this point- you are very much appreciated.

When I started the Afrovibes Radio station here in Houston, the goal was to promote individuals, businesses, brands, cultures and events that positively impact our communities. I felt the need for the underserved communities to have a platform where their voices could be heard. After establishing the Radio Station, with the tremendous support we received from our listeners all over the globe, we launched the Afrovibes TV- a 24-hour live streaming platform. The Afrovibes TV is currently available on Amazon fire TV, Roku TV , Afrovibes TV website (**www.afrovibes.tv**) and Afrovibes TV & Radio app (Google play store & Apple Store).

The TV launch was a great fun experience and now we are venturing into print with the introduction of this Magazine- Afrovibes Magazine. I am so happy and honored to reach this milestone. Afrovibes TV, Radio Station and Magazine highlights people from all cultures, and gives them a global stage to promote their agendas that positively impact their communities.

At Afrovibes TV and Radio Station, we have spotlighted politicians, entrepreneurs, business owners, artists, content creators, influencers, as well as covered grand openings, business mixers, concerts, and festivals. Our hope was to give everyone a platform where they can be seen and heard. This magazine will be an extension of what we have done with the TV and Radio.

At this juncture, I want to take time to thank my family & friends and Afrovibes TV & Radio team across the globe, who work tirelessly to make this brand strong and for being so passionate, committed, consistent and for all their sacrifices and support throughout this journey. You have done a great job- I appreciate all you have done for the Afrovibes brand- thank you very much from the bottom of my heart.

This first edition of this magazine is very special to me as it represents our expansion into a new lane in media. In this day and age, entertainment is only one click away on your phone, iPad, and laptop. I wanted to offer rich content that we can read as well in the form of print and digital print for our audience. It is even where some of us can get away from the hustle and bustle of our work and obligations, when we have the chance. I wanted this magazine to offer fun, interesting, and insightful content that can raise your spirit, keep you informed and bring that element of happiness to your day.

Though these past couple of years may have been very difficult for us all, I hope in this holiday season that this magazine brings you and your family joy!

On behalf of myself, my family, and the Afrovibes Entertainment & Media family, we wish you a New Years!

Thank you,
Philip Balonwu

Owner
Afrovibes TV , Radio & Magazine
Afrovibes Entertainment Group LLC

MAGAZINE TEAM

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(Afrovibes TV and Radio Owner/CEO)

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Afrovibes TV and Radio station and Magazine, doing business as Afrovibes Entertainment Group LLC., is published quarterly.



On the Cover

Photography:
Trent Zenon

Models:
Soleil
on the left most
Farrah
on the middle
Ysa
on the right most

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Afrovibes TV and Radio Magazine is published by Afrovibes Entertainment Group LLC.

SHOW REEL

TAKE A LOOK AT THE SHOWS AT AFROVIBES TV AND RADIO











PRODUCTION TEAM AT AFROVIBES TV AND RADIO STATION

D'Antoine "Trent" Zenon – Global Head of Production



With his degree in audio engineering and digital film, Trent developed his skills to record, edit, and produce original content. He is influential in Afrovibes TV and Radio production efforts, and has earned the position of Head of Production at Afrovibes TV and Radio. He works on television shows, radio shows, photography and videography at client events, in addition to working in recording and photography studios, and mentoring new videographers and photographers. Behind the camera and around the world, he is known as Trent The Engineer!

Marron Anderson - Art Director



Marron aka DJ Kool Emdee is a highly creative and multitalented graphic designer with extensive experience in multimedia, marketing, and print design. He has exceptional collaborative and interpersonal skills. He is highly skilled in client and vendor relations and negotiations. He is talented at building creative concepts for the station. He is also a versatile DJ with Afrovibes TV and Radio station.

Cara "Soleil" White - Creative Director



Cara has created new design themes for marketing and collateral materials for Afrovibes TV and Radio. She Collaborates with our creative team to design and produce computer-generated artwork for marketing and promotional materials. She has also participated in production of print and promotional items for key clients under direction of our business development team.

William Okocha - Videographer/Photographer



Starting with Graphic Design in high school, William figured out how to put his creativity to work. Thanks to his time at Houston Community College, he realized his potential as a Videographer, Photographer, Editor, as well as a musician. Currently working at Afrovibes radio and television station, William plans on furthering his skills in his art by producing as much content as he can. He strives to live life to the fullest every moment he can.

Matthew Curran - Videographer



Matthew Curran is a video editor, an audio drama producer, screenwriter, and a liaison of many different creatives. He started his media career at The University of Houston, and received a B.A. in Media Production. As a proudly mixed Filipino-American, Matthew enjoys his work in media production and video editing.

He is also the producer and director of an audio drama called Project Gnosis which is an ongoing podcast about cyberpunk societies and international mythologies. He is a videographer and photographer for Afrovibes TV and Radio.

Carl Rogers - Videographer



records and edits videos and images for our TV and Radio productions, filmmaking, documentaries, and various events. He discusses requirements with clients, filming videos, directing camera studio equipment, editing video digitally, and making content tweaks.

Travis Benson - Videographer



Travis Benson aka DJ K-Tron has been a videographer and photographer for more than 20 years professionally. While working at Royal Dutch Shell, he became one of the head resources there for media solutions and would be sent out to different sites to record or take shots. In the recent years, he has been somewhat of a freelance media specialist doing events, podcast, clubs and more. He helps to capture video and photos at our off-site events. His expertise is shooting our custom Red Carpet interviews. He also helps capture and edit our live streaming events and concerts.

Michael Cook - Video Editor



Michael has creative and technical skills to assemble recorded raw material into a finished product which we use at Afrovibes TV and Radio

Jennifer Chadgoury - Graphic Designer/Photographer



Jennifer is responsible for projecting visual communications to Afrovibes audience and other social groups

Damian Davis - Graphic Designer



Damian Davis specializes in Multimedia Design and Development. He has devoted over 20 years of service to the tech industry and manages one of the top marketing and design agencies in Houston.

Tom Amadi - Content Creator



Tom creates relationships with new and prospective partners and influencers to increase the Afrovibes TV, Radio and now Magazine media reach. She use analytics tools to monitor performance of content. She has extensive knowledge of all relevant social media platforms and maximizes our influence to help garner more exposure. Tom recently joined the Afrovibes TV and Radio team, and we forward to all that he will bring in the coming months!

Amanda Cole – Social Media Manager



As Amanda took over this role, she jumped into managing and being responsible for planning, developing and implementing Afrovibes TV and Radio's overall social media strategy in order to support and improve our online presence and the overall digital marketing efforts. She is excited to launch a new campaign that will revamp our social media platform and processes.

Tosin Giwa – Social Media Strategist



She has recently joined our team and she oversees Afrovibes social media interactions with the public through implementing content strategies on social media platforms. by analyzing our engagement data, identifying trends in our clients' interactions and planning digital campaigns to build community online.

CONTRIBUTORS



Ysabelle "Ysa" Abraham

is passionate about empowerment, motivation and encouragement. She is a motivational speaker, life coach and a mental health advocate, with her non-profit The Mental Health Hub. She loves to work with youth especially to equip them with the tools they need to suceed in life. She was born and raised in London, England and now lives in Houston, Texas. Ysa has enjoyed working on the first Afrovibes TV and Radio magazine and hopes that the readers are entertained by the rich content!

She is also Head of Business, Global for Afrovibes Entertainment and a TV Host of The Spotlight and Sippin' Substance.



Cara "Soleil Soleil X" White

is a recording artist who specializes in creating musical art for listeners to expand their mindsets and implement more love in every moment. As the Creative Director, Soleil delights in visual design, marketing, project management and process improvement techniques. It is her mission to partner with community business owners and instill positive seeds of equality, diversity, and inclusion in order to experience consistent growth. As the creator and host of The Fashion Corner on Afrovibes TV, it is Soleil's goal to inspire healthy living through the use of fashion, education, and many different art forms. Join us as we shine light on positive habits and lifestyle tips and tricks, and stay tuned for uplifting music to help you along your journeys!



Matthew Curran

is a graduate of University of Houston in 2017 with a Bachelor's in media production. He has a background in media such as positions in video editor, writer, videographer, and producer. He created mostly documentary and promotional video content for nonprofit organizations. He also has some background in creative writing having knowledge of screenplays. While he does nonfiction content, he has a major interest in pop culture, history, mythology, theology, philosophy, and other soft power-based topics. He also has a preference in writing such topics.



Tasiah Iman

is a multifaceted musician and student of life. She produces her own concerts with original written and arranged music and teaches her own child's music curriculum titled "Music & Motion".In addition, she helps spread awareness and community through her co partnered non profit organization know as "The People Block". Tasiah has joined the AfroVibes community as a unique television co host and jack of all trades. Tasiah's goal throughout her various contributions is to be able to learn for herself, teach others, and enjoy all of the beautiful things life has to offer.

GLOBAL VIBES MEDIA GROUP

Global Vibes Media Group is a media partnership between Afrovibes Entertainment LLC. and Southern News Media Group LLC. with the goal to combine large and influential independent media companies to represent diverse groups.

The vision is to unite global TV and radio stations, media companies, magazines, newspapers, with the goal to serve as a gateway for companies to build strong alliances and network together.

Global Vibes Media Group created an alliance that will empower and propel business owners, entrepreneurs, politicians, community leaders and activists, content creators and influencers to cross-promote. The Chairman of the group is Mr. Wea Lee, President and CEO of Southern News Group LLC. and The President is Mr. Philip Balonwu, the owner and CEO of Afrovibes Entertainment Group LLC (Afrovibes TV & Radio Station).



Objectives:

- To provide an international platform that integrates independent media companies
- To generate revenue by expanding beyond market reach
- To influence the decisions made by our lawmakers and support legislation to promote unity and inclusion

Check out Southern News Group website: http://www.southernnewsgroup.com/
Check out Afrovibes TV website: www.afrovibes.tv
Check out Afrovibes Radio website: www.afrovibesradio.com

If you are interested in knowing more about Global Vibes Media Group, feel free to email us at info@afrovibesentertainment.com

SOUTHERN NEWS GROUP LLC

Southern News Media Group was established in 1979 and grew from a monthly newspaper to a multi-media enterprise. Headquartered in Houston, Texas, it became the largest Asian Independent Multi-media group. The media company was the first to issue and distribute Chinese Newspaper and Asian Yellow pages in the Greater Houston area, and has since expanded in 14 major U.S. cities, including Dallas, San Antonio, Seattle, St. Louis, New York and Washington D.C.

STV International Television Houston (STV, KTBU 15.3) has been broadcasting bilingual (English and Mandarin Chinese) programs 24 hours a day, 7 days a week ever since it went on the air in June of 2009.



NWORA LAW FIRM

Nwora Law Firm provides is a full-service law firm available to handle diverse client needs. We provide legal representation to our Clients in immigration related matters, family law issues, personal injury, criminal law, guardianship and probate. We are a comprehensive Law Firm with almost three decades of experience serving individuals, businesses, and families throughout Texas.

Representing clients is about understanding the client as an individual and tailoring the representation to achieve the client's goals. It is about listening to the client, knowing the law, and applying the strategy best suited to reach that client's goals. We focus on the personal needs of our clients and strive to build long-term relationships that will have an overall positive effect on the lives we help change.

Many families and individuals alike place a great amount of trust in our law firm and in our abilities to help them achieve their goals. Contact Nwora Law Firm to set up an initial consultation to discuss your legal concerns.

Our legal services are affordable and we offer flexible payment terms to assist you in paying off your legal fees.

WE REPRESENT OUR CLIENTS IN THE FOLLOWING:

Immigration:
- Immigrant Visas
- Employment Based Visas
- Family Based Visas
- Temporary/Student/Work/Treaty/Investor Visas
- H-1B Visas
- Permanent Resident/Re-entry Permits/ Green Card Renewals
- Citizenship
- Deportation/Removal Defense
- Other types of Visas

Family Legal Services
- Divorce
- Child Custody/Child Support
- Modification / Enforcements
- Annulment
- Adoptions
- Paternity

Criminal Law:
- Misdemeanors
- Felonies
- Juvenile Law

Guardianship:
- Minor / Adult
- Person / Estate
- Temporary / Permanent

Personal Injury:
- Auto / Truck / Bicyclist / Pedestrian accident
- Grocery and Retail Store accidents
- Slip and Falls
- Defective sidewalks

Probate:
- Wills
- Small Estate Affidavit
- Heirship

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CARIBBEAN CHAMBER OF COMMERCE



It's that time again to join or renew your membership with the Caribbean Chamber of Commerce. On behalf of the Board of Directors, we'd like to thank you for supporting the Caribbean Chamber of Commerce. Your ongoing financial contribution is vital to our ability to continue to deliver outstanding business support and events to promote our community.

A new year of membership now brings opportunities to expand our businesses and grow our Chamber. Our strength and vitality come from the unity within our businesses and our presence in the community. Much change has taken place in the last year, and with that we have been inspired with new ideas and renewed excitement for 2022. We are looking forward to the "New" Chamber of 2022 and we anticipate a very successful year now and in the future.



Here's a brief snapshot of what's coming in the New Year. The Caribbean Chamber of Commerce today announced Kimmy Alexandre will become the next President of the business organization, effective January 03, 2022, the installation will commence at the date of the organization's next Board of Directors meeting. Alexandre currently serves as Director of Public Relations for the Chamber, and she is a business owner, as well as a teacher in Alief ISD. She will add the president title and succeed Sijollie Braham, who formed, revitalize, led and inspired the organization and community for 10 years. The Caribbean Chamber made the announcement today to the board and in a letter to the organization's members in the community. Installation of several new board members will also be announced, along with the new Presidents mission and vision for the chamber in the upcoming years. So stay tuned.

Below you will find the membership renewal form and new member application link for 2020. https://www.caribbeanchamber.org/membership-application. Please mail your application/checks to (Payable to the Caribbean Chamber of Commerce) 11110 Bellaire Blvd, Houston, TX 77072. Or feel free to drop it off at the chamber office.

For your convenience we have a PayPal link exclusively for the chamber--PayPal.Me/caribbeanchambertx. Be sure to include your email address on the application, as most of our communication is sent via email.

AMERICAN CARIBBEAN CHAMBER OF COMMERCE

AMERICAN CARIBBEAN CHAMBER OF COMMERCE

American Caribbean Chamber of Commerce (ACCC), was founded in Houston in 2018, is a non-profit organization that promotes commercial relations between the Caribbean and United States. ACCC promotes the development of Caribbean businesses in Texas. The associated business community works in the Texas economy, which is in second place after the California among the fastest growing economies in the United States. ACCC is the proud partner of Afrovibes TV and Radio. The president of the organization is Steve Okorocha, an esteemed attorney by trade, is also the official attorney of Afrovibes TV and Radio. He is currently running for Fort Bend County Clerk.

American Caribbean Chamber of Commerce promotes the establishment of business networking between the Chamber and its members on the basis of transparent and clear standards. These activities in support of the internationalization of the Caribbean businesses and territories, determining the principles of management and delivery; the page features to the companies and Public Administration a framework of the services offered and their average costs. The costs showed in the page are to be considered as average values of reference and cannot substitute for a specific quotation, that will be provided when requesting a service.

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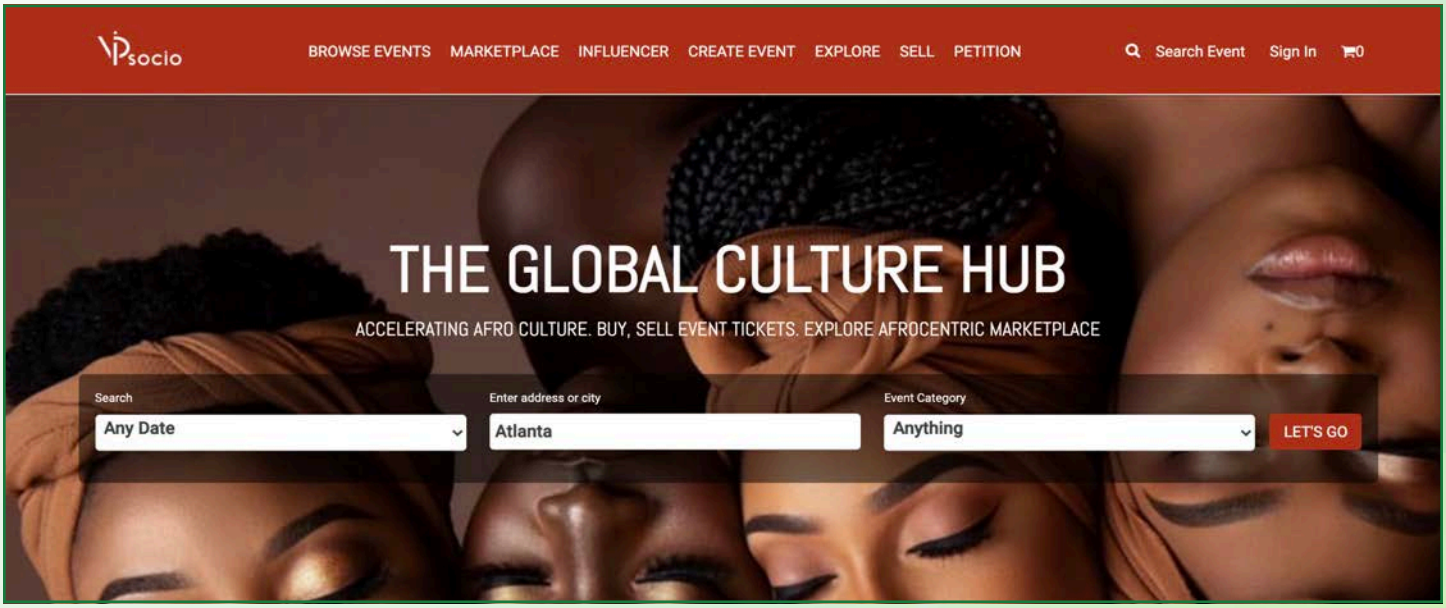
For more information, visit: www.accc.global/

AiDEMONEY

In 2020 Uzoma Eze, a Houston-based attorney specializing in tax law and anti-money laundering (AML), created a visionary application called AiDEMONEY. This creation was influenced after Eze spent the last decade helping the African diaspora navigate the American financial system. He witnessed the shortcomings of these institutions firsthand. This is where AiDEMONEY comes into play. This app is a fast and secure money remittance source for Africans committed to sending money—and progress—back home. Headquartered in Texas, our financial tech company provides money transfer services from the U.S. to Cameroon, Ethiopia, Ghana, Kenya and Nigeria.

Delivered with Impact
Send Money to Africa

AiDEMONEY is solely African focused, impact driven and deeply invested in the future of communities across the continent. By replacing profit as the point of the spear, we're providing impact that transcends the transaction. Despite a strong need for funding, Africa is the most expensive corridor for money remittances. In addition, money scams from a few bad actors have had widespread repercussions—preventing countless Nigerians from accessing and sending money through official channels. After defending key federal money laundering cases and experiencing the limitations of current remittance services, Uzoma Eze had a powerful realization: If Africans implement these helpful skills, they can have more growth. Thanks to Uzoma, AiDEMONEY is here to help.



VIP SOCIO

Imagine that you had a way to change lives with real economic and social impact. What if you could do that through people with a focus on Black Culture by leveraging the cultural influence on music, film, social media, dance, or fashion? Would the estimated $1.6 trillion spending power of the African American Consumer in the U.S tickle you? How about the 1.36 billion and growing population of Africa? What if you could harness this power from New York to Pretoria?

Meet Innocent Wamey, Akenji Morcho and Benedict Tubuo the founders of www.vipsocio.com. Their story started in a boarding school in Cameroon and is heavily influenced by college in the U.S, corporate jobs and their travels across the world. These guys ooze a passion for economic impact and empowerment of Afro Culture globally. According to Innocent Wamey, the CEO, "I could not find my Atlanta experience in Minneapolis, but I knew it was there somewhere. So, we decided to serve an underserved market globally in a focused way and not necessarily try to create one".

Four years ago, when VIPSOCIO started our passion was and still is about changing lives and economic impact. We always imagined that if members of a sorority, like the Delta's, wanted to buy elephants for their sorority members they should be able to buy handcrafted pieces from a partner in Ghana not China. A partner who in turn could use some of that money to provide drinking water to their village. So, we set out to make that a possibility and we today if the Delta's want that option, we can make that a reality. The reality of ecommerce between Africa and the rest of the world.

As most consumers of the culture will tell you finding events in different cities is a challenge. We saw an opportunity to provide ticketing, data and marketing solutions to bring visibility to these events but most important to empower promoters to be able to curate similar experiences in cities across different geographic landscapes. While you can find tickets for experiences across many cities on our platform our focus is always around what creates economic impact to the promoters who put up these events.

We see VIPSOCIO as a servant to a movement. The ability to serve the culture with many layers of authenticity – conceived, created, manufactured and sold by us. It seems to us that everything is converging around our mission socially, technologically (the rise of Fintech Companies in Africa) and the appetite for intimate experiences with the advent of social media. The platform is in the strongest position it has ever been and we are proud that we are able to put millions back in the hands of our partners with the related data and technology that should continue to fuel them. We want VIPSOCIO to be to Afro Culture what Alibaba was to the emergence of China's ecommerce globally.



Ejikeme Steven Okoroha Jr. (Steve) was raised in Missouri City and is a product of the legacy of Fort Bend County, currently married with 2 daughters. He obtained his undergraduate at Georgetown University and his law degree from South Texas College of Law. Steve also runs Goodman & McGill, which is a law firm that helps small businesses with their contract and document needs, as well as outside counsel requirements. Steve currently serves as the Board Secretary and Staff Attorney for Omar Welfare Association, a non-profit law firm where he provides pro-bono and low-cost legal services to families and individuals in the areas of Family law, Immigration law, and Probate issues.

In the area of cultural involvement, Steve serves on the Board of Directors for Umu Igbo Unite as its legal advisor and is the founder and former President of the Houston Chapter. Steve also currently serves on the Board of Trustees for the Nigerian American Multicultural Council as its Board Secretary. Additionally, Steve was instrumental in developing the Igbo Development Group as its former President, which was influential in delivering school supplies and scholarships to primary schools in Eastern Nigeria. In 2019, Steve was inducted into the American Caribbean Chamber of Commerce as its President.

As an involved American and Citizen, it is his passion for service that led him to run for office. His dedicated leadership has a proven impact and will continue in the position of Fort Bend County Clerk if given the opportunity. Steve has an extensive history of civic engagement, including interning for multiple congressmen, volunteering on political campaigns, becoming a precinct delegate and state delegate for the Texas Democratic Convention, organized several voter registration drives as a voter registrar in Fort Bend & Harris counties, working as a poll watcher and election official, and serving as an election judge for the Democratic party on the Fort Bend Ballot Board.

As the Fort Bend County Clerk, he plans to become more innovative with requests, regarding how they are handled, fulfilled, and accessed. He plans to eliminate any bottlenecks, mishandled cases, or loss of records in his future position, and he plans to take the court document system to the next level with his experience as an attorney. His most important initiative is maintaining voter integrity in Fort Bend County by working to increase voter registration and the counting of absentee ballots.

GOODMAN & MCGILL
ATTORNEYS & COUNSELORS AT LAW

You may follow Steve's campaign on

by searching *@SteveOCampaign*

For the future of Fort Bend County, we can achieve with Steve!





THE MENTAL HEALTH HUB

The Mental Health Hub (TMHH) was created to serve as a companion to anyone beginning their mental health journey. At TMHH, we know how overwhelming it is to find help in the midst of mental illness.

We offer clear and concise mental health information paired with easy-to-navigate resources to aid anyone through their mental health journey.

OUR VISION

We connect our audience to mental health resources, education, and services to expedite their recovery process. Whether it be learning about types of therapy and locating affordable sessions, understanding insurance coverage and obtaining discounted prescriptions, or even finding local support groups, TMHH aims to simplify this notoriously complicated process.

Our initial aim is to create an interactive website providing both education on mental health treatments and direction to available resources in the community.

Going forward, we plan to expand our offerings to include hosting mental health and wellness workshops, partnering with other organizations to reach a wider audience, encouraging exchange of ideas and experiences through our THMM blogsite, and providing visibility to local and nationwide mental health related businesses.

TMHH ACTS AS A HUB TO ANYONE GOING THROUGH A MENTAL HEALTH STRUGGLE AND SEEKING HELP.

We aim to provide discounted or free services to our audience. Our services target lower income and minority individuals.

Visit our website:
www.thementalhealthhub.org
to check our free resources!

FREE FLYING

A free soul

Once a lost soul afraid of the unknown

Ignorant to my own abilities

But one day the skies opened up to me and sang a beautiful melody

Sweet sounds of bliss and happiness

Lifted my ears so I could hear the songs of nature's joys

"Come here my dear, clarity is near my dear"

And as I opened my eyes and allowed my heart to hear

My wings began to sprout and my destiny was clear

"I was free. Free to fly"

And now I am Freely flying to the most high and I owe this to the light

To this light I am bound, and it is from this light I am found

I am free

And now the light resides in me...



By Jayhlin Michele



SIPPIN' SUBSTANCE

Sippin' Substance is a 30 minute show where Ysa Abraham and Kat Wheeler discuss current events (and the tea) and then progresses to heavier topics such as mental health, career development, women empowerment, social issues and other topics. This girl-talk is fun, relatable and quirky. The show incorporates motivational quotes and encouragement, leaving viewers happy and inspired.

Ysa has a degree in Geology and works in software development, understanding client needs and relaying requirements to development teams. Also she co-founded the Mental Health Hub non-profit organization, which focuses on bringing mental health related education and resources to those who need it most. She is also a motivational speaker and personal life coach where she imparts valuable knowledge and gems to yout`h and young adults in schools, churches, community center and over Zoom. She sits on mental health boards as a youth advisors and volunteers as a Youth Coordinator and speak for National Alliance on Mental Illness NAMI, the largest grassroots non-profit organization focused on mental health.

Her goal is to inspire and motivate those around her and help equip youth and young adults with the skills they need to succeed. She helps her clients to map out their career goals, college goals, time management, business or non-profit ventures, starting a brand, and social media management. She has a passion to motivate, empower and encourage middle and high-school students, focusing on the marginalized elements like immigrant students, female students, and abused students.



Ysa is also the Head of Business, Global for Afrovibes TV and Radio and enjoy working for a company that provides a huge platform for people to speak and be heard!

Though she has a degree in Geology as well, Kat Wheeler is a User Experience Designer, working in software development. She loves to discuss career development topics and a very talented painter. Kat loves to have thought-provoking discussion about deeper topics and issues. She is passionate about fitness and overall health and wellness in all aspects of life.

Interested in being a guest on the show, then reach out to **info@afrovibesentertainment.com** today or call 1-800-657-5101!





SWEET FLOW

Sweet Flow is a one-of-a-kind show featuring several girls dish their thoughts about hot topics and current events. They often play games and call each other out and it can get pretty crazy! Luna Marlee, Maddie, Favor, Jay, Juli, Errol-Dawn and Shanna, the hosts, gossip and spill the tea on interesting topics and give their opinion on them.

Interested in being a guest on the show, then reach out to **info@afrovibesentertainment.com** today or call 1-800-657-5101!



SEX, SCIENCE & STRIPPERS

Sex, Science & Strippers is a crazy show where hosts, Maura and Rylea discuss their marine biololgy background and their love for nature and wildlife, along with the notorious stripper life! They answer questions related to being a stripper and being a scientist! Throughout the show, they give their opinion on hot topics and current events. They also tell stories from past experiences and leave the audience laughing and wanting more!

Though Maura and Rylea have been literally been friends from birth, they are very different. Maura is a featured model and a marine biologists. Rylea is a featured entertainer and dance instructor.

Interested in being a guest on the show, then reach out to info@afrovibesentertainment.com today or call 1-800-657-5101!

EZ PAINTING WITH WHO??



This show delves into the intricacies of the art of painting, led by longtime Artist Kyle Fu. The show highlights the best techniques to paint effectively.

Kyle has been teaching painting for over seven years with various painting workshop companies around the Houston area, and he enjoys teaching people who have never painted a piece of art before as he/she can paint a nice painting in his workshop for their first time.

The best part of teaching for him is to see all the families and friends together enjoying a good time!

Kyle is a sci-fi illustrator and fine-art artist, and he has been opening art galleries for the past 20 years. He has organized many art exhibitions for new and upcoming artists, and consulted them on how to become a full-time professional artist.

Interested in being a guest on the show, then reach out to info@afrovibesentertainment.com today or call 1-800-657-5101!



TOBI WITH THE TALK

Tobi with the talk is a show where Tobi discusses different topics with various guests regarding relationships, growth, and those unspoken discussions. The show enlightens viewers with different perspectives on topics that are relatable and hopefully leaves the viewers being able to think outside the box.

Hosting the talk show Tobi with the talk is not the only love she has. She also enjoys writing music and working with children has a BCBA (Behavior Analyst). Her goal is to be able to own her own clinic in order to help children that may come from a family of a low socioeconomic status and may not be able to afford services that are needed. Tobi also takes pride in her relationship with God.

MONEY, GUNS & YOGA



This show is geared to inform, teach and guide viewers through a survey of various themes and experiences around the usually taboo subjects of Sex, Yoga and Guns.

Viewers will take away contrasting perspectives, exciting and adult-rated dialog, as well as demonstrations of provocative, yogic and tactical maneuvers.

Hosts, Karl and Alicia, are a married couple that has synergy that is tangible and exciting to watch. Their guests, when present, are interesting characters who are not afraid to express themselves in the rollercoaster style conversations of the show.

Alicia is an author and entrepreneur. She is such an awesome wife that other women want to be badass humans like her. She leads the Yoga Queen Academy in the mission to spread World Peace Through Inner Peace.

Tactical Karl is an army veteran, tactical expert, and protector. He lives and trains people to be Hard to Kill in Houston, Texas. His specialty is small weapons and tactics. He is also proud to be Alicia's husband!

No topic is taboo in this wildly tantalizing talk show. We inform, teach and guide viewers through a survey of various themes and experiences with relevance to current trends. Viewers will take away contrasting perspectives, exciting and adult rated dialog, as well as occasional demonstrations of yogic, tactical and monetary maneuvers.

Interested in being a guest on the show, then reach out to info@afrovibesentertainment.com today or call 1-800-657-5101!



TOPICS AND TEA

Topics and Tea is a fun-filled TV show covering lifestyle matters and popular gossip by hosts Serena Nguyen and Chansonique Paley. They discuss current events, trending topics, fashion and give their advice!

Serena entered into the entertainment industry as a model in 2009 where she learned a plethora of Dos and Don'ts, not only as a model but also as other creatives relating to modeling. She has always been creative as a child and felt that some of her creative vision was not able to be brought to life through collaboration with other photographers. Therefore, she started her photography business in 2020 during the pandemic, then turned it into a business a few months after learning and practicing, not only the camera, but also Photoshop editing program through YouTube.

She is extremely driven and focused on making an impact in her community, both as an entrepreneur and a woman. Serena also started a model agency called "Angels Of Serena" a year after, in hopes to give women, who have potential, opportunities that they are unable to gain on their own.

Chansonique means a French song but for short everyone calls her Chans. Chans is a driven individual who knows how to juggle and balance her life well. Between working a full time job at Houston Methodist hospital, taking care of her two children, and being a part time model with Angels Of Serena, she recently started her own scarves business. It is Chans's children who push her to do more for herself and for Angels Of Serena that gives her open doors.

Interested in being a guest on the show, then reach out to info@afrovibesentertainment.com today or call 1-800-657-5101!

THE PULSE

The Pulse on Afrovibes Television and Radio is a Video DJ mix (VDJ) show that showcases the latest music videos across the globe, blended into a continuous non-stop mix. The genre is predominantly Afrobeats but covers other genres, including Reggae, Dancehall, UK Grime, and occasionally Hip-Hop and R&B. On occasion, the show also delves into the classics! The show is hosted by Afrovibes own DJ Tunes aka deejaytunes.



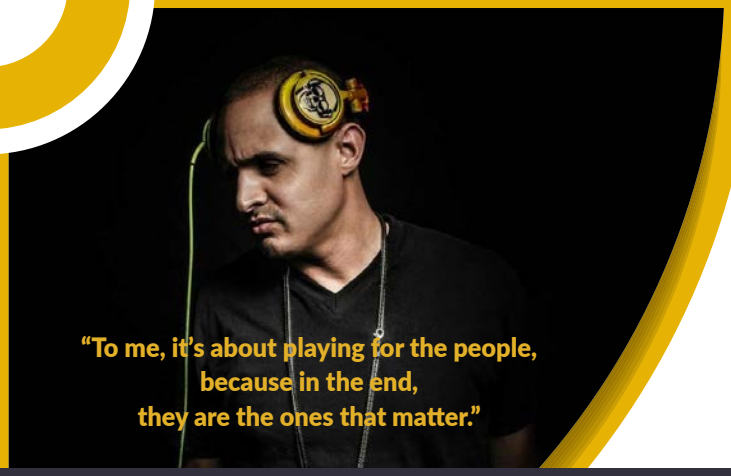
DJ Tunes is a multi-genre DJ and artist with an African and Caribbean background, hailing from London UK and Lagos Nigeria, who relocated to Houston in the 2000's. With tons of turntable, DJ, club ownership, and sound production experience, he continues to remain a top choice. His depth, dance-floor pleasing, and precise mixing abilities helped make him a preferred DJ for promoters, event/wedding planners, and concert events.

Prior to owning his own night-club, he had been the resident DJ of several top venues in Houston, did a residency stint on FM radio as well as several guest appearances at most major venues in the Houston and surrounding areas.

Despite his popularity, DJ Tunes has always made it a point to give back to the local and music communities, sometimes donating his time to various cultural or charitable celebrations and also remaining an active member of several DJ associations including the Nigerian DJ's, HIT DJ's, and Go DJ's. Visit his website at **http://www.djtunesonline.com/** or find him on social media **@deejaytunes**.

Interested in being a guest on the show, then reach out to **info@afrovibesentertainment.com** today or call 1-800-657-5101!

RNB & AFROBEATS NIGHT



"To me, it's about playing for the people, because in the end, they are the ones that matter."

SILENTKILLA "Real Killa" is the sound you'll hear if you ever get the opportunity to attend any event this Houston based International Dj is playing at. One of the original, if not, the original DJ at Afrovibes Radio has been dominating the scene locally, domestically, & internationally. With his profound knowledge of all types of genre of music ranging from Hip-Hop, Dancehall, Afrobeats, Soca, New/ Old school, he knows how to bring the vibe needed to get the party up.

Representing Puerto Rico, Silentkilla has overcome and crossed many challenges and boundaries to be considered the #1 Afro Caribbean Dj in the world with many stamps in his passport for demand and a list of accolades to prove he is on top of his game and a force to be reckoned with. A few of his accolades consist of 2x International DJ spin off champion, International Online DJ battle runner up, International Soca DJ battle finalist, 4x Best African DJ USA nominee, 2x Best Diaspora male DJ USA nominee and 3x Caribbean DJ of the year!

But though he has plenty of trophies to show, this Global DJ's true prize is the feeling he gets by making people enjoy their experience when he is playing.

Another factor or asset of Silentkilla is his versatility. Versatility is an something Silentkilla says he has been advising and influencing other djs to adhere to for years, and now we are seeing why. "Per the usual evolution of music, we are at a time where you can no longer walk into a hip hop club and only hear hip hop etc., you will now hear diff genres of music such as reggae or afrobeat."

It seems DJs are finally catching on and going the direction of adding versatility that has been suggested.

Silentkilla has been part of Afrovibes Entertainment since year one where he was featured on weekly shows Midweek Mayhem, Caribbean Countdown, the infamous R&B Tuesday's, along with weekly appearances on the Killa Krew's show, one of the top dj and most versatile DJ crews globally, where weekly turn ups and even DJ competitions were hosted. "I am extremely proud of how far Afrovibes has came, to be a local studio to an international icon."

Interested in being a guest on the show, then reach out to **info@afrovibesentertainment.com** today or call 1-800-657-5101!

TAKE THE STAGE

Take the Stage is a fun interactive music show with Petrichor band. They interview different artists, influencers and brands along with performing original songs and covers of popular songs. The band members are Sheila Ann, Mark Bishop, Randy Bishop, Jacob Woolley and Joe Prushing with TV show manager Tim Martin.

Band Members:

- Sheila Ann is the lead singer of the band. She an experienced and successful singer and uses her talent to connect with youth in her community.
- Mark Bishop is a professional Music Director and Praise Team Leader at his Church. Mark is the bass guitarist of the band and loves to use his music to inspire young people.
- Randy E. Bishop is a singer-songwriter and guitarist and plays keyboard. He describes his original music as "Ameripolitan", where you can hear a little Country, Rock, and Blues in the mix. Randy brings new showmanship style to the band.
- Jacob Woolley plays the drums and sings in the band. He is a talented drummer and very passionate about making a difference.
- Joe Prushing is the lead guitarist and sings in the band. He has been playing for many years and continues to perform.
- Managed by Award Winning Producer Tim Martin.

Interested in being a guest on the show,
then reach out to info@afrovibesentertainment.com today or call 1-800-657-5101!









AFRO-DANCE FUSION

In this fun and high energy Afro Dance class, you will learn some of the foundational steps that make up Afro dance's most popular contemporary styles through drills and razor sharpmchoreography. This is a great space for fun, experiencing West African culture, gaining exposure to Afro dance foundations and techniques, and to engage in beneficial exercise! The show host is Sarah Essama.

Sarah Essama is a professional Afro dancer of French and Cameroonian descent. After growing up in the States, Sarah decided to travel internationally to train under some of the best Afro dancers in the world. She has spent the past five years studying different Afro Dance styles notably Afrohouse, Ndombolo, Couper Decaler, Naija Street Style and Ghanaian Afrobeats. Her credits include Yemi Alade, Tiwa Savage, Diamond Platnumz, the Burna Boy tour, the Mr. Eazi tour, World of Dance, Redbull and more.

Interested in being a guest on the show, then reach out to
info@afrovibesentertainment.com today or call 1-800-657-5101!

TOP 10 COUNTDOWN

Top10 is a musical TV show and hosted by the Guinean American journalist Diaka Camara.

Top 10 counts down the 10 hottest music videos on the billboard 100 and interviews different artists around the world. The show travels around the world not only covering big events but also looking for the best talent the music industry has to offer throughout Africa. For the past ten years, the Show has been the most watched TV show in Guinea. Guest such as Maître Gims, Davido, Soprano, Sexion d'Assault, and many other African superstars have come through the show.

Diaka Camara, is of Guinean. She is a business owner, an activist, journalist, television host, content creator and TV producer. She is the CEO of CBC Worldwide communication & production company based in Guinea. She holds a bachelor's degree in Journalism Communication from the University of Houston, Texas, where she spent part of her childhood and adult life.

Top 10 is followed by several other TV shows: F.A.T and The Interview just to name a few. During the Ebola epidemic, in 2014, Diaka Camara produces a documentary "1 Saves 100". "The Diaka Foundation" works to contribute to the structural change necessary to make Guinea an emerging, democratic country, where education will be accessible to all children. To date, the Diaka Camara Foundation has made donations of school kits, beds and foods to several orphanages and students in Guinea.

In 2021 in her fight against gender-based violence Diaka Camara launched the #BrisonsLeSilence or #BreakTheSilence campaign to empower survivors of gender-based violence to share their stories and seek justice against their abusers. Many powerful figures supported the campaign including the President and the First Lady of the Republic of Guinea.

Through CBC Worldwide, Diaka continues to revolutionize the world of the African production. Her goal is to create content "made in guinea", by Africans for Africans and the rest of the world, in order to valorize the African continent and tell ours stories with truth and authenticity.

Interested in being a guest on the show, then reach out to **info@afrovibesentertainment.com** today or call 1-800-657-5101!







Tyme On Music is a fun play on words, as it is the show's host, Showtyme's (Tyme for short) take on music. With her diverse interests in music and West African roots (Gambian and Malian), Showtyme focuses on highlighting African music from back home and artists from the diaspora, along with highlighting the latest Dancehall music.

With her House DJ, DJ Slime Tino who hails from Burkina Faso by way of Senegal, the duo brings you a wide array of music from Africa and the Caribbean. Tyme On Music focuses on interviewing local Houston businesses and artists from such genres who would normally not have a platform or voice to showcase their music and talents to the Houston audience and the Afrovibes Television and Radio supporters worldwide.

Interested in being a guest on the show, then reach out to info@afrovibesentertainment.com today or call 1-800-657-5101!



EL DORADO SPORTS

El Dorado Sports is a weekly bi-lingual show that airs on Afrovibes TV. The show comments on upcoming games while bringing up current events on sport players. They discuss all types of sports such as American football, soccer, basketball and more.

Chris, the host, and his regular guest John Foster speak English and Spanish languages in their segments. In addition to taping weekly studio shows, they both also cover live broadcasting of sporting events in and around the country.







NUCHANNEL SPORTS

NuChannel Sports is a place where sports fans become diehard fans. Hosts Odi, Lota, and Chris discuss all things sports, including football (American and Non-American), basketball, and current events surrounding the world of sports. Since sports are not limited to what occurs on the field of play, this group of guys will readily discuss any topic and will challenge you to think and make you smile at the same time. The three hosts are Odi, Lota and Chris.

In the daytime, Odi is akin to Clark Kent as he works for a financial institution and owns a clothing apparel company. In the nighttime, he takes out his cape with a Large H in the middle because he is a die-hard fan of all things Houston sports and will never shy away from a conversation regarding his beloved Houston Oilers or Nigeria's Super Eagles.

Lota is a fitness freak and operates YogaSix in the Heights in Houston. Just in case you were foolish enough to try, Lota dares you to challenge his opinion. Lota lives and breathes Dallas Cowboys football and will always show unwavering support for all things Manchester United.

Chris is an attorney in the daytime, but the problem is that he is also an attorney at night as well. He'll argue with you about anything. (Literally anything). Chris loves all things sports and has no known ties to the Ivory Coast or England, but believes he was born as a Chelsea fan and is Didier Drogba's brother.

Interested in being a guest on the show, then reach out to info@afrovibesentertainment.com today or call 1-800-657-5101!



HEARTLESS TALK

Heartless Talk is a talk show that covers hot topics such as culture, racism, religion, and relationships, where the host Paris Nicole gives heartless feelings to these hot topics! Heartless Talk gives real emotions behind real life situation.

Paris Nicole is known for being very blunt and keeping it real. She is a mother of two and has lived in St. Louis, Missouri and Houston, Texas. She has spent a healthy amount of time in modeling and talent developing.

She is the director of a program called Front Stage Inc., a non-profit program for people ranging from 5 years to 70 years old, which teaches the following: literacy, confidence, communication, podcasting, dining, etiquette, public speaking, business etiquette, setting goals, modeling, and more.

"Be YOU and Do YOU because I can only Be ME."

Interested in being a guest on the show, then reach out to **info@afrovibesentertainment.com** today or call 1-800-657-5101!



JVIEWS

The popular show, "JVIEWS", is a fun high energy talk show. JViews is a play on words of "Leeanna Interviews". In the first segment, the host Leeanna interviews artists, entrepreneur and businesses. The second segment is a more relaxed discussion with her regular guest, Violet.

Leeanna is a Houston model and TV host. Her ultimate goal is to show people that they can do whatever they put their minds to, as long as they do what they love and work hard!

Interested in being a guest on the show, then reach out to info@afrovibesentertainment.com today or call 1-800-657-5101!



ROOT OF IT ALL

The show aims to open a dialogue about sensitive and otherwise unspoken topics. To create a platform where different perspectives can be shared without condemnation.

THE CARIBBEAN BUZZ

The Caribbean Buzz is a dynamic television show centered around the Caribbean culture, music and entertainment news. The 3 hosts of the show are Showtyme, DJ Supa Neil and DJ GT Mayne, all of who are local Houston personalities that are heavily affiliated and influential in the Houston Caribbean scene. Both male hosts are very popular mainstream DJs (of all musical genres) who are from Trinidad and Tobago, and Showtyme is of West African descent (Gambia & Mali) who has been heavily involved in the Houston Dancehall scene for over 15 years!

The Caribbean Buzz keeps its pulse on the latest music videos and entertainment news while also highlighting some up and coming local buzz-worthy Houston artists. You can always catch any one or all three of our hosts in Houston doing something to push the Caribbean music and culture outside of our city walls. The Caribbean Buzz is just one of our many projects we are happy to bring to an audience near you on the Afrovibes television platform.

Interested in being a guest on the show, then reach out to info@afrovibesentertainment.com today!







THE FASHION CORNER

The Fashion Corner encourages others to implement healthy habits into their lifestyles through the use of their wardrobe. The talk show provides inspiration for healthy living practices, examples of how one can uplift themselves through the use of fashion, and advice to continue walking on higher ground. The mission is to raise our vibrations, both individually and collectively, so that we can prosper personally and professionally. The core of fashion is connected to the spirit of the creator and brought to life by the wearer.

In addition to visual displays of captivating collections, The Fashion Corner discusses important matters to connect each aspect of our community, uniting all members involved. “Though we are all unique, we are one.”

The Fashion Corner highlights who we are by what we put on, tells stories of what we are about by what is taken off, and gives tips on how to adorn the natural body to have peace in the spirit.

Join us as we continue to express and uplift ourselves through fashion!

Cara “Soleil Soleil X” White is the host of the show, a published model and a devoted singer-songwriter. She is also the Creative Director of the Afrovibes TV and Radio Station. Soleil has an MBA degree in Project Management and Process Improvement, and works diligently on the creative projects of the station.

“The goal is to wear what makes you happy and implement practices that encourage you to be the healthiest version of yourself.” - Soleil Soleil X.

Interested in being a guest on the show, then reach out to info@afrovibesentertainment.com today or call 1-800-657-5101!

BIG CITY LIFESTYLE

Big City Lifestyle is an informative show, focusing on real estate topics and facts about the industry. Diana Casanova is the host of the show who is a long-time realtor and knowledgable about the housing market. She dives into topics related to residential and commercial real estate.

Tim Martin, a regular co-host on this real estate show, and Dianne discuss loans, how to become approved and the best tips on home ownership.

Interested in being a guest on the show, then reach out to info@afrovibesentertainment.com today or call 1-800-657-5101!







SHAKE IT WITH SERENA

The hit show, “Shake It With Serena”, is a 30 minute dance workout video where Serena breaks down a dance each week step by step, then slowly combines every segment together until the whole dance completes at the end. The dance is not only fun to watch and participate in, but will also give viewers a great workout and a great start to their day.

Serena has always loved dancing and has been on several dance teams and numerous performances. She has a jazz, contemporary, modern, and hip-hop dance background. She has also taught Zumba and created a dance team called Ichiban where she was also the choreographer.

Interested in being a guest on the show, then reach out to info@afrovibesentertainment.com today or call 1-800-657-5101!





THE SPOTLIGHT

The Spotlight is an informative show hosted by Ysa Abraham where she interviews people of prominence, movers and shakers in their industry. Her guests range from politicians, community leaders, artists, influencers, business owners and entrepreneurs.

The show dissects culture, social norms, and standards as she asks the hard questions. Enjoy interesting conversation with leaders on this show on Afrovibes TV.

If you are interested in being spotlighted, then reach out to info@afrovibesentertainment.com today!



AFROTRONIK

Afrotronik TV Show is based on Afrofuturism, the meeting of old with the present and future, through music, art, and artists. Genres included African music (Azonto, Highlife, Amapiano, Gqom, Fula, etc.), Hip-Hop, Funk, Soul, House, Drum & Bass, Jazz, Salsa, Reggae/Dancehall, and other world music.

Based in Houston, Texas, Marron Anderson, otherwise known as DJ Kool Emdee, has over 45 years of professional experience as a disc jockey. His background includes years of on-stage performances as an actor, show DJ, producer, visual artist, musician, activist, speaker, and writer/poet. He is also accredited as being an award-winning musician, radio show host, producer, and engineer.

He is the mastermind behind “The Comfort Zone”, a flourishing educational poetry set that attracted a diverse range of talent running for more than five years. Well-traveled and cultured, his sets have been enjoyed in many cities across the U.S., the Caribbean, The Middle East, and Africa. As a host, his features have aired on Houston radio stations Hot 97.5, 97.9 The Boxx, KTSU 90.9 FM, KPFT 90.1 FM, Earthwire.net, and Talk Black Radio.

THE MALKIA
MOVIES AND MUSIC REVIEW

The Malkia Movies and Music Review show centers on main host, Juli The Malkia, reviewing content in the film/entertainment industry including new movies, TV shows, accomplishments among people of color in the film industry, and touching on scandals or controversial news regarding actors or actresses. This show puts the spotlight on people breaking barriers in the entertainment industry through their film-making, or being innovative in their works of art.

Juli The Malkia is an international musician from Tanzania, Africa with a passion for the entertainment industry. In addition to being a performance artist, Juli also has a passion for the film industry, often reviewing some of her favorite movies, directors, and sharing her perspective with her audience on various platforms, such as Malkia Movies and Music Review on Afrovibes Television.

If you are interested in being spotlighted, then reach out to info@afrovibesentertainment.com today!







TALKING TENNIS WITH JOHN

John Foster is a USPTA Elite Professional and speaker, USTA High Performance coach, WTA tour coach and an Afrovibes TV and Radio host and social media Personality.

John has coached tennis for 36 years for many of the top Tennis Academy's such as Nick Bolleterie Evert, Saguso & Basset, and Rick Macci's.

He has traveled and coached around the world including China, Bahamas, Indonesia and Austria. He has worked at some of the finest clubs and place in the United States like River Oaks country club and has been the Director at the Briar Club and the Fountainblue Hotel on Miami Beach.

John has also had the privilege and opportunity to work for Angelo Dundee training professional Boxers.

If you are interested in talking tennis, then reach out to info@afrovibesentertainment.com today!



THE OMU EXPERIENCE

Omu is a professional DJ, CEO of DJ Omu Productions, an on-air personality at Afrovibes Television and Radio, a Social Influencer, and a Philanthropist. Her mission is to help facilitate and spread love, culture, knowledge, and music as she explores it herself.

Omu was born and raised in the suburbs of Alief located in Houston, Texas. Her parents immigrated from the beautiful and naturally rich country of Sierra Leone, West Africa. She graduated from Alief Elsik High School and went on to receive a Bachelor of Science degree in Kinesiology from the University of Texas at San Antonio.

Through her constant growing catalog of works, she has experienced a vast variety of cultures, foods, people, and places which in return has molded her into a well-rounded, open minded, and grounded individual. In her free time, Omu enjoys meditating, reading books, watching documentaries, working out, and engaging in past times that satisfy her creativity. She looks to continue to leave her legacy by creating it daily.

Interested in being a guest on the show, then reach out to info@afrovibesentertainment.com today or call 1-800-657-5101!







Vegan cook and author Kirly-Sue is from London, England with Jamaican heritage. This is reflected in her vegan recipes and her quest to make vegan food look and taste good.

Kirly-Sue interviews vegans and those with an interest in vegan food and then Floral designer Audrey Williams creates a tablespace to compliment the dishes. It is a very interesting and insightful show bringing food, discussion and design together.

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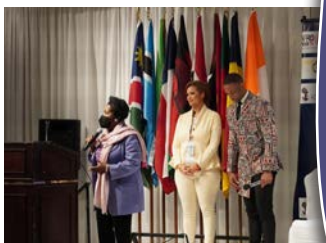












On November 6th was the Inaugural International Summit hosted by Stand for Africa where many gathered and spoke about empowering youth through education, sports, and entrepreneurship. It took place at the Grand Tuscany Hotel hosted by Jonathan Martin of Fox 26 Evening News and Myriam Bahaj, International Consultant.

In attendance to the event, includes US Congresswoman, Sheila Jackson Lee, as well as business owners and community leaders as guest speakers. There was also a panel discussion among key businessmen and women with moderators, Ysa Abraham, Host and Head of Business of Afrovibes TV, and Bernard Wambugu, Chairman and Managing Partner of Sauti.

Organizations that backed the summit aside from Afrovibes TV include The Burkina Faso Global Council, Aventure, SmartGas, Sauti, Efikas, Enterprise Generale, Powerhandz, and many more. There were many speeches about African advocacy and many presentations of different projects to help the African continent were shown to warm reception to the audience. The Summit to Stand for Africa has done much to both create networks between African business people and entrepreneurs as well as lay the path for Africa's future.



NIGERIANS. TEXANS. EMPOWERED AND UNITED.

On the 15th and 16th of November 2021, the event known as the Nigeria TexasX Economic, Cooperation, Investments, and Governance Mission took place at the Hyatt Regency Hotel at Downtown Houston, Texas. There was also a follow-up event in Austin on 18th November at San Jacinto Boulevard. This event was an opportunity for numerous people to meet different public and private delegates from Nigeria to speak about business and investment opportunities for the country.

Such sectors of interests that are regularly talked about include the following: Digital Technology Solutions, Energy, Water Resources, Infrastructure, Transportation, Agro-Business, Education, Health, and Social Services. Special Attendees were also present for the event including high-profile figures like the Mayor of Houston and his representatives, the Hon. Nigerian Ambassador, Hon. Minister of Special Duties and Intergovernmental Affairs, Hon. Minister of State for Niger Delta Affairs, and Hon. Minister of State for Federal Capital Territory.



Much was discussed about what can be done to collaborate between Houston and Nigeria to invest in the African country, and many guest speakers spoke as well including Ysa Abraham, Head of Business of Afrovibes TV. They all spoke about what can be done to uplift Nigeria in multiple sectors as well as uplift other African groups as well. A very successful event, much more will follow up after the conference among all those that have participated in Nigeria TexasX.









AFRICA DAY IN HOUSTON

On May 25th, the holiday known as Africa Day (also known as African Freedom Day or African Liberation Day) was celebrated for the 4th time in Houston at the George R Brown Convention Center. It is the annual commemoration of the founding of the Organization of African Unity in 1963, whose legacy continues to be upheld by the African Union. With this event was the presence of many high-profile leaders in the political, business, and community sectors.

People present in the event included the Mayor of Houston, Sylvester Turner, Congresswoman Sheila Jackson Lee, Councilman Edward Pollard, and even the USA Ambassador of the African Union, Hilda Suka-Mafudze. Such high profile figures managed to give speeches celebrating African identity and adding further cultural enrichment in Houston. There was much cultural exchange and networking done during the event itself in efforts to bring the people of Houston closer to the people of Africa who visited for this event.

Afrovibes TV was also present in the Africa Day event as well with Head of Business and Host, Ysa Abraham and Creative Director Cara Soleil White, interviewing people including Mayor Sylvester Turner himself as well as Congresswoman Sheila Jackson Lee and Councilman Edward Pollard. With such a successful event, it is to be expected that there will be many more annual events celebrating African Day for the years to come as well.

By Matthew Curran

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Red Carpet Events

(Grand Openings, Weddings, Birthdays etc.)

> Before event

- Creation of image and video flyer
- Social media promotion leading up to event
- Email blast

> At the event

- Provide Limo services and chauffeur
- Provide red carpet and backdrop
- TV hosts to interview your guests upon arrival
- Provide DJ/MC/Hosts
- Provide model and TV hosts to attend and work the crowd
- Full photography and full videography

> After event

- Edited photos
- Edited video highlight reel of the event
- Edited 30 mins clip airing on Afrovibes TV

Business Spotlight on Afrovibes TV and Radio

(Tell Your Story!)

> 30min In-person or virtual TV interview and Business tour:

- Provide Production team (Full camera crew)
- Provide Videographer
- Provide Photographer
- Provide TV Hosts

> Social media promotion (Instagram and Facebook accounts)

- Record and edit promotional video
- Post on Afrovibes Radio and Television social media accounts (4 accounts)

> Air on Afrovibes TV channel on Roku Channel and Amazon Fire TV, the Afrovibes TV & Radio app and Afrovibes TV website. Available on VideoOnDemand section

Artist Spotlight

> In-person or virtual interview plus performance

> Air on Afrovibes TV channel on Roku Channel and Amazon Fire TV, the Afrovibes TV & Radio app and Afrovibes TV website. Available on VideoOnDemand section

- After airing the interview, display on VideoOnDemand section on the Afrovibes TV platforms

> Social media promotion (Instagram and Facebook accounts)

- Record and edit promotional video
- Post on Afrovibes Radio and Television social media accounts (4 accounts)

Place of Worship Spotlight on Afrovibes TV and Radio

(Tell Your Story!)

> 30min In-person or virtual TV interview and Tour:

- Provide Production team (Full camera crew)
- Provide Videographer
- Provide Photographer
- Provide TV Hosts

> Social media promotion (Instagram and Facebook accounts)

- Record and edit promotional video
- Post on Afrovibes Radio and Television social media accounts (4 accounts)

> Air on Afrovibes TV channel on Roku Channel and Amazon Fire TV, the Afrovibes TV & Radio app and Afrovibes TV website. Available on VideoOnDemand sectionsection





Interviews

> Air on Afrovibes TV channel on Roku Channel and Amazon Fire TV, the Afrovibes TV & Radio app and Afrovibes TV website. Available on VideoOnDemand section

- 30min In-person or Virtual TV interview, archive on VideoOnDemand
- 30 min Radio Interview, archive on Afrovibes Radio website
- Social media promotion (Instagram and Facebook accounts)
- Record and edit promotional video
- Post on Afrovibes Radio and Television social media accounts (4 accounts)

> Music Video/Feature on Afrovibes TV (Play your music video on Afrovibes TV, mobile app and website)

- Price for twice daily for 1 month
- Price for twice daily for 3 months
- Play your music video in a popular weekly show break
- Price for 4 times 1 month
- Play your music video as Featured Song of the Week in one of our weekly shows that debut music videos

Music Video/Feature on Afrovibes TV

(Play your music video on Afrovibes TV, mobile app and website)

> Price for twice daily for 1 month

> Price for twice daily for 3 months

> Play your music video in a popular weekly show break

- Price for 4 times 1 month

> Play your music video as Featured Song of the Week in one of our weekly shows that debut music videos

Song Play/Feature on Afrovibes Radio

> Price for twice daily for 1 month

> Price for twice daily for 3 months

> Price for five times daily for 1 month

> Price for five times daily for 3 months

Business Commercials to air

> Air 30 secs TV commercials for x3 day for 1 month

- Shoot and edit

> Air 60 secs TV commercials for x3 day for 1 month

- Shoot and edit

> Air 30 secs Radio commercials for x3 day for 1 month

- Record and edit

> Air 60 secs Radio commercials for x3 day for 1 month

- Record and edit

> Air 5 mins TV infomercials for x3 day for 1 month

- Shoot and edit

Business Promotion During TV Show

> Mention your Business x4 times in highly watched TV show

> Display of business/brand product

Make your Company an Afrovibes TV and Radio Company Sponsor

> Sponsor a TV show with target audience for your business

> Create Afrovibes Event Banner with your Company logo

> Display Event Banner with Company Logo at all Afrovibes events for 1 month

> Display Company logo on the highly-trafficked Afrovibes Radio and Afrovibes TV websites (2 websites) on the Homepages for 30 days

Business Writeups

> Email Blast of Brand/Business Blog Write-up

- Write-up for Brand/Business Blog

> Instagram/Facebook video and image posts

- Instagram/Facebook: @afrovibesradio @afrovibestelevision

> Image or Video on app or website for 3 days

Live Programming on Afrovibes TV

> Coverage of Live-Streaming Event

Live Event on Afrovibes TV & Radio App

> Coverage of Live-Streaming Event

Rent TV and Radio Studios

> TV/Radio Studio Rentals (TV studio, Radio studio, Green-screen room, recording equipment)

AFROVIBES TV AND RADIO BUSINESS CONSULTANT



CURTIS WILLIAMS

Curtis Williams is a Senior Business Consultant of Afrovibes Entertainment LLC where he plays an instrumental role working with prospective and existing clients. He has an extensive rolodex of customers from his businesses, which he utilizes in this media space. Curtis is a master networker and an experienced consultant putting together deals with brands and businesses in different sectors such as medical, Oil and Gas, entertainment and retail spaces. He continues to be an asset with Afrovibes TV and Radio station and a valued member of the team.



MARK EROGBOGBO

Mark Hamzat O. Erogbogbo is a Business Consultant with Afrovibes TV and Radio station. He is also a Corporate Strategist and Business Development Executive. He works with a bipartisan government affairs group, and is managing director of a business development firm. Mark is a managing director with an Energy Asset Development and A&D firm, and is also the managing director of a financial and strategic advisory firm that provides services, Capital Formation (Reg D, Reg A+ and Reg CF), M&A, A&D, leveraged finance, equity/ equity-linked financing, restructuring and recapitalization solutions.

Mark is on the Advisory Board of American Association of Petroleum Geologist's, AAPG. He is a Chairman of Private Equity, Energy & Natural Resources, and Capital Markets of the largest executive finance organization in the world with 40,000 middle market & above Finance Executives & CFOs. To add to his extensive knowledge in the energy industry, he is also Chairman of Geological Society Houston, North American Explorationists, Chairman of Finance & Investments at Society of Petroleum Engineers.

Mark is on the executive board of a consulting firm that writes Grants, Government Contracts and Tax Incentives for businesses. In addition, he is on the Advisory Board of Career Gear of Houston which is an organization that helps men receive formal attire and prepare for getting back into the workforce after being laid off.

He is a part of the team of business consultants for Afrovibes Entertainment where he works to broaden the Afrovibes TV and Radio network base and help strengthen community ties with the station.



COREY MASON

Corey Mason is a business consultant for Afrovibes TV and Radio. He specializes in working with artists, creative people, and the businesses that present their work. His expertise ranges from public relations and marketing and event coordination, project management, media production, Internet, and graphic design. Corey has over 20 years experience as a concert and event promoter.

He utilizes his vast network to help promote the services of Afrovibes TV and Radio. Some notable events has centered around comedy shows, music festivals and entertainment consulting. He is a valued member of the Afrovibes consulting team.



ADAMS AHMADU JR.

Adams Ahmadu Jr. is a Business Consultant with Afrovibes TV and Radio station. He obtained his undergraduate degree in Metallurgical Engineering at South Dakota School of Mines and Technology and obtained minors in Banking and Financial Services and International Business. During his tenure in school, he became deeply involved with the National Socitey of Black Engerineers where he served as Chapter President and on the Region 5 Executive Board as a Vice Chairman. Adams credits much of his career success and leadership development from his time in serving with NSBE.

Adams has worked with top Fortune 500 companies in investment banking and wealth management such as Goldman Sach, Morgan Stanley, and he currently holds a role with Fidelity Investments working in wealth management. He's obtained his Series 7, 66, and Health & Life Insurance licenses. During his tenure with Fidelity he's been able to bring in ~$15 M in outside business for the firm. Adams is a Founder and Managing Partner with QAM Capital operating in the alternative lending space where they provide working capital, equipment financing, and cash flow-based loans in the alternative lending space to small businesses and real estate investors. Under his company, Adams operates a boutique M&A arm where they seek to acquire businesses in Healthcare sector.

Adams works as a part of the team of business consultants where he works to maintain community connections and also attends our events and clients' events.



ANTHONY ABANA

SALES EXECUTIVE

Anthony Abana is the CEO of Sales Jungle LLC, a nationwide real estate realty. As a native Houstonian with over 5 years vast experience in real estate, Anthony is a professional licensed realtor of the State. He is a graduate of the University of Houston, where he is now an MBA Candidate 2023.

He is extremely focused and passionate about Marketing Characterization of new and existing companies, improving their public relations while also looking for new and exciting ways to engage with the community. Anthony is also a part of the business consulting team focused on leveraging local and national connections to land contracts. He continues to be a valued asset to the team!



PARIS NICOLE

TALENT RECRUITER & COORDINATOR

Paris Nicole is the Afrovibes TV and Radio Talent recruiter where she works to find new talent for the shows, events and production.

She is a talented part of the team that prepares the talent and production incoming members on what to expect at the TV and Radio station.

He is extremely focused and passionate about Marketing Characterization of new and existing companies, improving their public relations while also looking for new and exciting ways to engage with the community. Anthony is also a part of the business consulting team focused on leveraging local and national connections to land contracts. He continues to be a valued asset to the team!



KAIYEN THACH-LE

SALES EXECUTIVE

Kaiyen Thach-Le is the Sales Executive for Afrovibes, an Executive Energy Coach, a Non-profit Executive, and beyond. She graduated Summa Cum Laude and attended optometry school, only to realize that her credentials already lies in her spirit.

After a profound and divine experience, she took a massive leap of faith into the unknown to pursue a new mission - to leave a legacy of love and liberation. By leading with her heart, Kaiyen embarks on many exciting adventures that unfolds effortlessly, creating family along the way - Afrovibes TV and Radio being one of them.

Afrovibes TV and Radio to her is much more than international entertainment - it's a celebration of diverse culture and community, a cultivation of meaningful relationships and the expression of the soul through a multitude of art forms. Her passion lies in her devotion to being a divine resource and serve in a variety of ways.



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10 WAYS TO AVOID PHISHING SCAMS

Nobody wants to fall prey to a phishing scam. There's a good reason that such scams will continue, though: They are successful enough for cybercriminals to make massive profits. Phishing scams have been around practically since the inception of the Internet, and they will not go away any time soon. Fortunately, there are ways to avoid becoming a victim yourself. Here are 10 basic guidelines in keeping yourself safe:



1. Keep Informed About Phishing Techniques – New phishing scams are being developed all the time. Without staying on top of these new phishing techniques, you could inadvertently fall prey to one. Keep your eyes peeled for news about new phishing scams. By finding out about them as early as possible, you will be at much lower risk of getting snared by one. For IT administrators, ongoing security awareness training and simulated phishing for all users is highly recommended in keeping security top of mind throughout the organization.

2. Think Before You Click! – It's fine to click on links when you're on trusted sites. Clicking on links that appear in random emails and instant messages, however, isn't such a smart move. Hover over links that you are unsure of before clicking on them. Do they lead where they are supposed to lead? A phishing email may claim to be from a legitimate company and when you click the link to the website, it may look exactly like the real website. The email may ask you to fill in the information but the email may not contain your name. Most phishing emails will start with "Dear Customer" so you should be alert when you come across these emails. When in doubt, go directly to the source rather than clicking a potentially dangerous link.

3. *Install an Anti-Phishing Toolbar* – Most popular Internet browsers can be customized with anti-phishing toolbars. Such toolbars run quick checks on the sites that you are visiting and compare them to lists of known phishing sites. If you stumble upon a malicious site, the toolbar will alert you about it. This is just one more layer of protection against phishing scams, and it is completely free.

4. Verify a Site's Security – It's natural to be a little wary about supplying sensitive financial information online. As long as you are on a secure website, however, you shouldn't run into any trouble. Before submitting any information, make sure the site's URL begins with "https" and there should be a closed lock icon near the address bar. Check for the site's security certificate as well. If you get a message stating a certain website may contain malicious files, do not open the website. Never download files from suspicious emails or websites. Even search engines may show certain links which may lead users to a phishing webpage which offers low cost products. If the user makes purchases at such a website, the credit card details will be accessed by cybercriminals.

5. Check Your Online Accounts Regularly – If you don't visit an online account for a while, someone could be having a field day with it. Even if you don't technically need to, check in with each of your online accounts on a regular basis. Get into the habit of changing your passwords regularly too. To prevent bank phishing and credit card phishing scams, you should personally check your statements regularly. Get monthly statements for your financial accounts and check each and every entry carefully to ensure no fraudulent transactions have been made without your knowledge.

6. Keep Your Browser Up to Date – Security patches are released for popular browsers all the time. They are released in response to the security loopholes that phishers and other hackers inevitably discover and exploit. If you typically ignore messages about updating your browsers, stop. The minute an update is available, download and install it.

7. Use Firewalls – High-quality firewalls act as buffers between you, your computer and outside intruders. You should use two different kinds: a desktop firewall and a network firewall. The first option is a type of software, and the second option is a type of hardware. When used together, they drastically reduce the odds of hackers and phishers infiltrating your computer or your network.

8. Be Wary of Pop-Ups – Pop-up windows often masquerade as legitimate components of a website. All too often, though, they are phishing attempts. Many popular browsers allow you to block pop-ups; you can allow them on a case-by-case basis. If one manages to slip through the cracks, don't click on the "cancel" button; such buttons often lead to phishing sites. Instead, click the small "x" in the upper corner of the window.

9. Never Give Out Personal Information – As a general rule, you should never share personal or financially sensitive information over the Internet. This rule spans all the way back to the days of America Online, when users had to be warned constantly due to the success of early phishing scams. When in doubt, go visit the main website of the company in question, get their number and give them a call. Most of the phishing emails will direct you to pages where entries for financial or personal information are required. An Internet user should never make confidential entries through the links provided in the emails. Never send an email with sensitive information to anyone. Make it a habit to check the address of the website. A secure website always starts with "https".

10. Use Antivirus Software – There are plenty of reasons to use antivirus software. Special signatures that are included with antivirus software guard against known technology workarounds and loopholes. Just be sure to keep your software up to date. New definitions are added all the time because new scams are also being dreamed up all the time. Anti-spyware and firewall settings should be used to prevent phishing attacks and users should update the programs regularly. Firewall protection prevents access to malicious files by blocking the attacks. Antivirus software scans every file which comes through the Internet to your computer. It helps to prevent damage to your system.

You don't have to live in fear of phishing scams. By keeping the preceding tips in mind, you should be able to enjoy a worry-free online experience.

Remember there is no single fool-proof way to avoid phishing attacks.

By Helen Nunso

Legendary Reggae Artist,

KYMANI MARLEY

GIVES US INSIGHT ON HIS UPCOMING MOVIE PROJECT “VENDETTA"



Caribbean Buzz, Showtyme, interviewed Ky-Mani Marley, son of the legendary reggae musician, Bob Marley, with DJ Supa Neil and GT Mayne present. He was talking much about his involvement in a movie known as Vendetta.

He explains his thought process about Vendetta that he found comfort being among family and friends to help him in the production of Vendetta. He also wrote the film as screenwriter. He was also an actor, director, and executive producer in Vendetta. With his passions in filmmaking and reggae, Ky-Mani is making a legacy for himself aside from being Bob Marley’s son. More on this episode can be found on Afrovibes TV on Roku Tv.

Being the child of Bob Marley, Ky-Mani Marley was expected to follow in his father’s footsteps and sing roots, rock, reggae. He has, but inside his heart lies another passion.

Ky-Mani is big into movies and won strong reviews for his roles in One Love and Shottas. He is currently wrapping production on Vendetta for which he wears multiple hats.

The 45 year-old has the lead role of Ice. He also wrote Vendetta’s screenplay, co-directed it with Antoine Smith and serves as executive producer.

Though he has made several cameos in other films since Shottas, that 2002 drama in which he played Biggs, is Ky-Mani’s most memorable role to date.

It co-starred Spragga Benz, Paul Campbell, Wyclef Jean, DJ Khaled and Assassin (aka Agent Sasco).

Shottas’ raw urban energy has earned it a hardcore following in Jamaica and the Diaspora. That base has grown through regular showing on cable channels like Prime.

Vendetta, Ky-Mani notes, has a different theme.

“It’s not Shottas which was a typical Jamaican movie. For this one, it was important to have an international flavor,” he said.

Vendetta, which is actually its working title, has a budget of $1.5 million.



Ky-Mani was born in Falmouth, Trelawny, western Jamaica. His mother is Anita Belnavis, a Jamaican table tennis prodigy in the 1970s.

He has lived in South Florida since the 1980s and released a number of well-received albums. Many More Roads, released in 2001, was nominated for a Best Reggae Album Grammy Award the following year.

Acting Lessons

Since Shottas, he has been hooked on the movie industry. To sharpen his skills, Ky-Mani has taken online screenplay writing classes and personal acting lessons.

He and his crew began shooting on Vendetta in South Florida early this year.

Ky-Mani hopes Vendetta will be released in spring 2022.

TIPS TO LIVE A HEALTHY LIFE

by Cara Soleil White

1. Eat a healthy diet and drink clean water

Introduce a good balance of fruits, vegetables, grains, protein and dairy products into your lifestyle to help fuel your body and provide nutrients to your brain. Adults should consume at least five portions of fruits and vegetables daily. Consult with your doctor to create a customized food selection just for you.

2. Exercise

Be active! Find a good time to release steam through walking, running, lifting weights, yoga, and so much more. Research local clubs, or join an online class where you feel comfortable and motivated to push yourself to the next levels. Move your body!

3. Cover your mouth when coughing and sneezing

It is important to implement clean-air solutions into common places, and to wash your hands as often as you can. With all of the sanitizers and disinfectant wipes available to the public, wearing a face mask and disposing waste properly will lead to a healthier environment for generations to come.

THE IMPORTANCE OF TAKING DEEP BREATHS

by Cara Niambi White

Many of us are aware of the major impact breathing has in our lives, but very few of us know how taking deep, full breaths improve each moment of this journey. In order to be more efficient in our unique purposes, take multiple deep breaths and allow your body to fully exchange incoming oxygen with outgoing carbon dioxide.

Stabilize your blood pressure and decrease your stress levels as you comfortably breathe in, and breathe out.

To enhance this deep breathing experience, find a comfortable area to sit or lie down. Slowly breathe through your nose deeply, as you allow your stomach area to rise and expand. Hold this breath inside and visualize a word that enlightens your soul, then allow the breath to release from your body as you exhale full gratitude.

As you sit, listen to your favorite gentle sounds. Whether it be instrumentals, spoken word, or nature, make sure to choose sounds that bring you peace and ease the mind. Quieting your mind by silencing all current thoughts is also important when you are breathing deeply. Take calm breaths and explore more life today.





REACH YOUR PEAK!

It's easy to get tied to the path you are set on,
Because up until now, it's been what got you through.
Things can be SO unpredictable, it can be tough to push on,
To keep fighting, paving your way, pushing yourself through.

All of a sudden, it seems you have to ABANDON what you know,
You have to RE-flect, to RE-assess and to RE-group.
Take a second, take a breath, take it slow,
You don't want to be stuck forever in the same loop.

Ask - How did I get here? Now, where do I go?
I thought I was headed to the top of the mountain.
I am not where I should be, that much I know,
But I'm not lost, I can change course, I am my OWN captain.

Things can change, move, be predictable,
I have learned there are many ways to the top.
I can, I will, I know that I am more than able,

TO reach my goals, TO push the needle, now I CANNOT stop!

It may not be straight, it may come through unexpected ways.
It may be hard, it may take longer than expected.
But one thing's for sure, YOU will make a way,
To reach your goals, your PEAK - accept it!

WHERE DID MUSIC GENRES GET THEIR NAME?

When we say “techno” or “reggae”, where did those names come from? Some names are very obvious like “Cajun” to the origins and less ambiguous. Let’s get into the etymological roots of the most popular genres!

Reggae:

The term “reggae” is surprisingly easy to track to its orgins. In 1968, “reggae” was first pushed by The Maytals where “Toots” Hibbert became up with the song “Do the Reggay.” This song added the meaning of “Reggae” along with Jamaican artists blending rock, Calypso music and ska. And so the genre was born.



Country:

The term “Country” has quite a long history, quite like nation-state which is the genre’s namesake. Back in the 1920s, the genre was called “hillbilly music”. Then in the 1940s, people started using “Country-Western Music” when radio programs began airing string bands and songwriters to Americans across the country... get it!



Pop:

A genre of popular music that originated in the West during the 1950s and 1960s. Pop music is eclectic, often borrowing elements from urban, dance, rock, Latin, country, and other styles.



Jungle:

The distinct sounds of “jungle techno” comes reggae-like basslines and dancehall inspirations, widely adopted in the U.K. “We Are I.E.” by Lennie De-Ice is now known to be a pivotal part of the movement. This genre is significant as it turned a racially charged term into an uplifting, empowering name of a wide enjoyed music genre.

Afrobeats:

Originating in the 1920s, far-ranging Afrobeats music from West Africa and the United Kingdom with Black American influences. Afrobeat legend Fela Aníkúlápó-Kuti with his band Africa 70 created rhythmic mic of West African beats with a blend of American jazz, funk, calypso and soul.

Rock:

A genre of popular music that originated as “rock and roll” in the United States in the 1950s, and developed into a range of different styles in the 1960s and later. Compared to pop music, rock places a higher degree of emphasis on musicianship, live performance, and an ideology of authenticity.

Rhythm and Blues:

This genre originated from music like gospel, blues and boogie-woogie. The first ever time the term was printed was only in 1948 in the Billboard Magazine. “Rhythm and Blues” replaced the terrible phrase “race music”. The term was actually a catch-all term for black music. Albums like “Break Out” that contained crossover hits like “Neutron Dance” and Jump (For My Love)” landed on both Billboard’s Pop charts and R&B charts at the same time!

Hip Hop:

Hip hop was formed in the United States in the 1970s and consists of stylized rhythmic music that commonly accompanies rhythmic and rhyming speech (“rapping”).



Kwaito:

A music genre that emerged in South Africa, during the 1990s. It is a variant of house music featuring the use of African sounds and samples.



Techno:

The Greeks used the word “téchnē” which meant skillful or artful. Techno, the music genre, goes back to the mid-80s which is based on “technology.” It has now come to mean heavily electronic dance music. This would later pave the way for EDM, electronic dance music.

Rap:

Rap is a style of popular music, developed by disc jockeys and urban Black performers in the late 1970s, in which an insistent, recurring beat pattern provides the background and counterpoint for rapid, slangy, and often boastful rhyming patter intoned by a vocalist or vocalists.

Jazz:

Originated in New Orleans, Louisiana, in the late 19th century from African Americans, with the roots in blues and ragtime. Jazz is said to stimulate the mind and improve focus. It has rhythmic patterns and pulsating sounds. Bebop or bop is a style of jazz characterized by fast tempo. Jazz is characterized by swing and blue notes, polyrhythms and has roots in West African music expression.

This article was written by Sean Tucker, a California local music enthusiast.

AFROBEATS TORCH BEARER 2FACE LAUDS THE EXPLOSION OF EXCITING YOUNG TALENTS ON THE SCENE

A thirty-minute limo ride along the paved boulevards of Dubai can throw up a convoluted mix of emotions for the average Nigerian. One minute you're basking in the splendour of vision-delivered magnificence, the next you're battling the sinking feeling of pain and embarrassment evoked by the hedious picture of leadership back home.

On this particular evening, Innocent Idibia is firmly focused on the beauty of the oriental sunset and the soothing caress of the gorgeous music seeping through the speakers of the black SUV.

"Bad energy stay far away..." seems to be the soundtrack for this relaxing evening after a hectic schedule and stressful travel. Covid-19 protocols have literally squeezed the fun out of luxury travel, particularly the Lagos-Dubai route but Africa's leader of the pop renaissance remains boisterous.

"A Guy! I'm loving this movement. These young dons dem tight die mehn" he blurts excitedly. "Structure, vocal delivery, production and lyrics all on point, song after song. And no be just say na one or two o. Dem many. Most of the new guys now are really solid and it gladdens my heart to no end man."

On this trip to the UAE where he is co-headlining the 2021 edition of OneAfricaFest, 2Baba had spent ample time discussing a bunch of exciting young talents with Efe Omorogbe, founder/CEO of his longtime management company.

"Efe was just telling me that his role as creative director for the just concluded AFRIMA awards opened him up to a lot of superb young talents, not just from Nigeria but the entire continent. He's been gushing over the likes of Zinoleesky, Joeboy, Black Sherif, Yaw Tog, Nikita Kerring, Remy Adan, Platini P and Shanah Manjeru . It's such a thing of joy. I'm a big fan of a good number of these guys myself - Omalay, Ruger, Oxlade, Ayra Star, AV, Fireboy to mention a few" he states.

"One of the key things I'm most excited about is the quality of the songs and the songwriting. There was a time not too long ago when it seemed like one had to dumb down the music or be outright wack to score a big hit. Not anymore. Those days seem long gone and it makes many of those who spare an effort, those who work towards a self-enforced basic minimum acceptable standard of song crafting very happy. Ol boy, the thing been done dey look like jazz".

The man mostly credited with the rise of contemporary African pop music a.k.a Afrobeats has seen countless stars fade and trends die over the last two decades plus change. The success of the debut "Body and Soul", the groundbreaking debut album of his boy band, Plantashun Boiz sparked a pop revolution and opened new vistas of players in the game.



Whatever impact Plantashun Boiz' success made turned out to be simply a teaser. With the 2004 release of his classic OJB Jezereel-produced debut solo album, "Face 2 Face", 2face Idibia with the support of Kennis Music his then label and Now Muzik, his management, birthed a new sound and heralded a new era of limitless possibilities for African pop music.

Between 2004 and 2007, the outrageously gifted singer/songwriter had kicked down so many doors and smashed seemingly impregnable glass ceilings, the movement was indeed, in full effect.

Local Brew. World class Brand.

While living in Festac Town with Lagos-based label Kennis Music and management Now Muzik, 2face Idibia dominated the airwaves across the continent and beyond selling millions of CDs and picking up accolades like priceless trash littering his manicured lawn. Kora, MOBO, MTV EMA, World Music Awards followed a clean sweep of trophies from Nigeria to Ghana, Liberia and more.

2face effortlessly blazed the trail with a slew of collaborations with superstars like Beenie Man and Wyclef, and packed huge arenas in far flung African cities way before it became a thing. When "African Queen" became a certified international anthem, making the soundtrack of the Hollywood hit "Phat Girlz" and getting covered by the likes of Jamaican singer Sadiki, "impossible" was effectively nullified.

With every 2face Idibia milestone grew belief in the potential of contemporary African pop music within media and corporate circles, music execs, promoters, advertisers and more importantly, young artistes throughout the continent and the Diaspora. And they started pushing harder, started working smarter.

The challenging terrain of the preceding generation got some of Nigeria's brightest talents looking outside the shores for career advancement opportunities. Ras Kimono, Alex O, Majek Fashek, Mandators, Chukzzy Moses, Evi Edna Ogholi and a few others had relocated to European and North American cities but the verve and success of the new generation of made-in-Naija stars heralded a reversal of the trend. Young uber talented Nigerians who teetered on the fringes on the mainstream scene in the big cities of first world countries, suddenly realized that they could follow in the footsteps of this 2face Idibia guy, return home, hop on local platforms, make hit records, win a following and re-export themselves back to the west to sell out venues where they probably never got a chance to do a five minute performance even as an opening act.

"Once you see one person from your generation, community or situation achieve something big, you do not only start believing, you start seeing a clearer picture of how you also can achieve your own goals. It's inspiring and infectious." he states.

D'Banj, Don Jazzy, Banky W, Tiwa Savage and Seyi Shey are some of the talents who made that decision to return home and the mark they've made within the annals of the African music over the last decade has been phenomenal.

For all the hits, accolades and legion of devoted fans he has earned, the most impressive thing about 2Baba is obviously the astounding longevity. The percentage of artistes globally who have managed to be A-list, in-demand and dominant for twenty-two years and counting within the mainstream pop space is painfully small. 2Baba has not only balanced critical acclaim and commercial success with regal poise, he has remained a living post graduate course in longevity, brand extension and the exemplary use of star power for advocacy and social development.

2Baba has put in years of impactful work in the development space on causes like the promotion of youth participation in politics and peaceful electioneering processes with partners like National Democratic Institute (NDI) and EiE Nigeria. The welfare of refugees and internally displaced persons has been a course he has championed with his voice, time and money working as a UNHCR goodwill ambassador. This December, through The 2Baba Foundation, Idibia launches Project Little Drops - a youth empowerment and human capital development initiative working to provide critical facilities and training platforms for interested persons across Nigeria for starters.

"The task is enormous, the schedule is tight but I'm up for it because I derive joy and fulfillment from what I do in terms of performing and humanitarian work", he quips. I sometimes within the course of a few days do a gig for high school kids, a concert targeted at fans between ages 18-25, a wedding for a couple in their early 30s, a party for a couple celebrating their 20th wedding anniversary or someone celebrating their 70th birthday. It's a massive blessing to have paying fans from such wide demographic - teens, their elder siblings, the parents and even grannies. It's a blessing and I don't take it for granted" he submits.

Smack in between his insane performance, humanitarian and entrepreneurial schedule, the "Godfather of Afrobeats" is steadily dropping new music that works the body, pleases the mind and stirs the soul. And it doesn't appear he'll be slowing down any time soon. As Diddy would say, "won't stop, (perhaps) can't stop".

By Meth E. Kulus



SWIPE RIGHT CULTURE

Online Dating

The worldwide web feels just as natural a social sphere to millennials as a town center or a sports bar. People often meet at work, through friends or family, religious functions and casual public spaces, but as of the 21st century, online dating has made its way into the myriad of avenues to meet your partner.

There are so many benefits to these online interactions: first, it saves us time. Face-to-face, we often suffer the awkward date where we realize we share nothing in common. Through instant messages, we can gather each other's common interests then mutually decide to meet. Second, it broadens the scope. Most working millennials have a weekly routine that keeps them within the same circles. Even in college, once you've settled into your major and clubs, it's all too easy to stick to the same social groups. With apps like Tinder and Bumble, you can meet people nearby that you might not have otherwise met. Third, there is a subtle gratification that you get knowing somebody somewhere is interested in you. In the same way that we receive validation and satisfaction from a retweet or an Instagram like, we get that very feeling from the notification that someone "Swiped Right!"

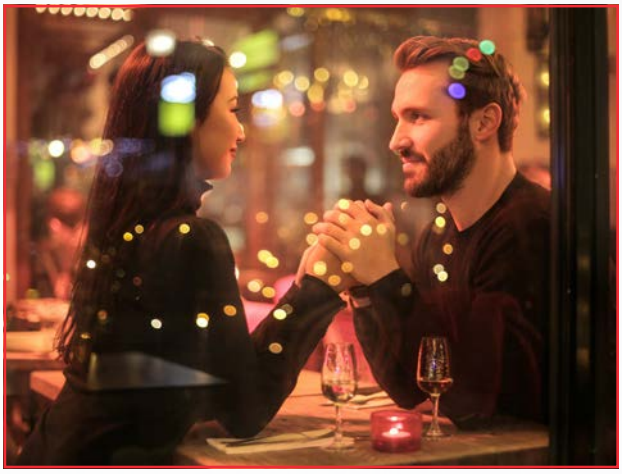
There is always the risk of being "Catfished," or reeled in by someone who claims to be they are someone that they are not, but with the technology we have today, there is no reason anyone should prolong a video chat or FaceTime call with someone you are potentially interested in. If they deny it more than once, abort mission—there are Plenty of Fish in the sea.

Given the benefits, it is easy to put yourself out there from the safety behind a profile. Users have admitted that they will reach out to individuals they would not have otherwise reached out to in person. Access to hundreds of people at a time allows the browser to go on more dates as well as to converse with the many other browsers doing the same thing.

But have we been hindered by choice?

What are the consequences to talking to four, five, six people at a time and going on dates with three others, knowing there are still dozens who have already swiped right on you? Especially online, the idea of "better" is constantly shoved down our throats. When the people we meet are steadily in comparison with a far-off fantasy of a person that we *could* meet, we run the risk of having watered-down, subpar personal interactions. How can we hold hands with the person next to us when it is always reaching for more? Accessibility is great, but if it prevents us from enjoying the here and now, maybe that is a sign for us to step back from our screens and go at it from a different angle. Doesn't sound like you? Then by all means, swipe away.





About the Blogger

Aris Brown is a Creative Writing major at the University of Houston. She is a poetry editor for the publication Glass Mountain Magazine with credits in theater directing, acting, and a cappella performance. She runs the writer's blog Darling, It's Sunday and the poetry Instagram under the same name. In the future, she aims to have her work published in The New York Times as well as to pursue a career in Screenwriting for a major TV or streaming network. She is thrilled to be on board with the Afrovibes Media team to develop her voice and vision for both the station and her independent work.

FASHION TIPS

Now that we're entering new seasons of life, it is important to reinvent your wardrobe with these helpful tips...

1. Revamp your classic pieces by pairing them with something new.
2. Tailor your nicer clothes to give you the most comfortable fit with a flattering entrance.
3. Less is more. When balancing accessories, subtlety is crucial.
4. Be unique! Inspire yourself by thinking outside of the box, and walking in your true essence.
5. Shop smarter, not harder. Let your mission be to find a good balance between statement pieces and classic items.
6. Be bold! It is more than okay to spice up your whites, blacks, and neutrals with pops of color.
7. Mix prints, patterns and textures to your liking!



POEMS

GIVING IN THE HOLIDAYS



Tis the season
For a reason,
To buy gifts for family and friends,
An old tradition that never truly ends

New clothes and toys,
For girls and boys
All to be happy and merry
But know to be very wary.

Give in love not obligation.
For intent matters in donation
Tradition must be with meaning
Anything else is demeaning

Material goods alone not enough
Giving spirit is an act up to snuff
Affection and care
Is something quite rare
When everything is in a hurry
True togetherness is something blurry

So give as you receive
For love others will believe

WHAT'S WRONG ABOUT BEING RIGHT?



Debate, Debate, Debate
Lots of arguments as of late.

Whether for reason or for emotion
They seek certainty in their notion

But they lose truth's sight
In favor of intellectual might

Born from pride
They decide
Their own reality
over totality

Contention without humanity
just growing the seeds of vanity

Fights and broken fellowships is all you get
Alone in a social island is all you can fret

URBAN JUNGLE



Cities of steel and glass
Crowded by a great mass
In this great bundle
Lies the urban jungle.

Everything is done at speed.
Meant to fulfill every need.
All meant to walk to goals fast
Leaving the slow in the past.

Rituals done in work and labor.
All in hope to receive favor.
From the rich in towers they dwell.
Else they descend in poverty's hell.

Law and Order define the power
In hope that criminals cower
But corruption sets the seeds
For good men to commit evil deeds.

In size and scope
Many see great hope.
A Brave New World that urbanity makes
But undermined by the reality it takes.

So goes what makes a city a place.
A prison for the human race.
In this great bundle
Lies the Urban Jungle.

THE SCREEN



We watch our phones and Tv Screens
In plastic, in metal, In glass, they show their sheens
But remember to temper such focus
Lest you end up trapped in addiction's locus.

In the information age
Tech becomes our blessed sage.
But in the time of speed
Find what you really need.

Knowledge we receive
But lies come deceive
When we see all at once
Striking with mental pus.

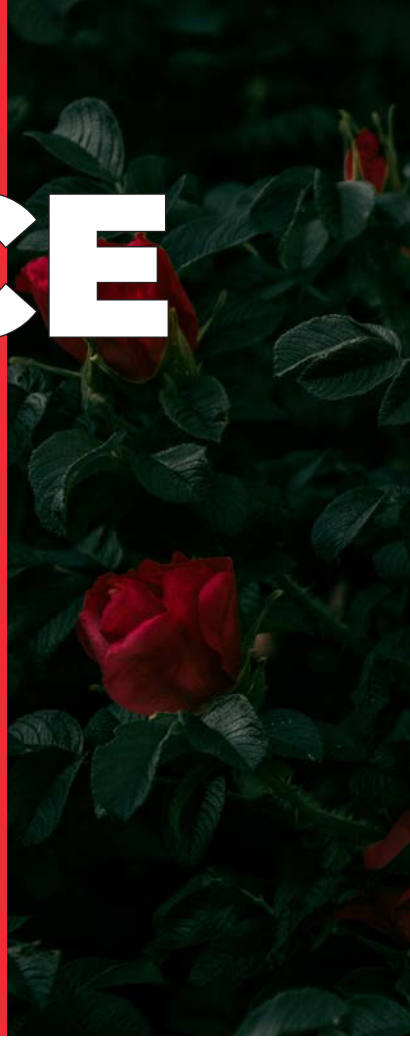
Avoid the price of access.
For comes the sins of excess
Renders one's mind dull
All ambition turning null.

Look to learn truth, not to indulge
From where inside can you divulge
Solid fact from dark deception
Based in foggy perception

The screen is a mirror to the world.
From here thoughts are swirled
Please heed the screen's greatest temptations.
Lest ignorance destroys all nations.

Poems By Matthew Curran
Based on self-reflection of modern life and all its pros and cons

ROMANCE



"Amani, come on girl, there's no way this is going to work" I say quietly, vocalizing my thoughts as I write the 10th quality that I look for in a soulmate. Definitely gotta be muscular, I say to myself humorously as I scribble down the words down on my notebook. I know it won't magically bring me Prince Charming in true flesh and blood, but it's become entertaining to make the list anyway. I think back to the advice I read by chance at my neighborhood library; never did I think picking up a random book from the love and romance section would lead to me creating a full list of the perfect qualities I want to find in a man. I remember flipping through that book out of boredom and landing on a random page that specifically stated "Write down to the very detail what you want in a soulmate, but be sure it is what you want, for it will materialize in your reality" Yeah right!



So here I am, walking with half-faith, half-delusion and frankly, that same boredom on a Sunday afternoon. As I look out to my right at a busy intersection, I close my book in frustration. Who do you think you are, Amani, a wizard? I grumble angrily to myself. That book was definitely made by one delusional son of a gun, that's my conclusion. The list is quickly shelved and forgotten, similar to that strange book I picked up on a rainy day.

Sunday afternoon becomes Monday morning, and before I know it, weeks have gone by. It almost became insulting to see so many happy couples getting married left and right. I always thought I'd be married, in a gorgeous house in the suburbs, at the age of 24, sparkling diamond gleaming everytime I waved my hand. I guess life doesn't work out that way. Weeks go by, no magical tall-dark and handsome man has come by to swoop me off my feet. Figured.

"Magic my pretty black a-" I pause as I look up from my cappuccino with my mouth open, if I was a cartoon character, my eyes would've popped right out of its sockets. In my head I could hear the "DING" of every detail on my checklist being checked off. If I imagined this man, he couldn't even come close to what I saw walking into the quaint cafe. Almost by magic, our eyes met and I was unable to look away. The air became electric as I struggled to catch my breath. Come on, Amani, you're not 15 anymore, pull yourself together!, I told myself with frustration. This really never happens to me, I am usually the confident, intimidating woman who watches humorously as men stumble over their words to introduce themselves to me. So I looked away quickly, hoping he wouldn't make his way over to me. There is no way the man I created with my pen and paper weeks ago, with intense specificity but a careless attitude, has just appeared in front of me. But there he was, a small smile glued to his face as he slowly walked up to the counter near my table. I fidgeted with my coffee cup and pen, writing doodles on my notebook to keep busy. He'll walk in, order his coffee, leave and soon become a distant memory, I'm sure of it. I tried to convince myself.





Which is why his voice was a shock to my system as he spoke in front of me. “Excuse me, miss” He prompted in a low tone. This can’t be happening to me! When did my hands become so sweaty? If there was ever a time to be confident and flippant, it was now. It felt like forever before I lifted my head to look up at him. Why oh why did he have to look like he was yanked right out of one of my passing day dreams. Better yet, yanked right out of a men’s fitness magazine. I tried to smile, although it must’ve looked closer to a grimace than anything else. “Hello...” is all I could muster up. I was half-hoping he would say I had milk foam on my top lip and then walk away. But of all things this walking-magazine cover could say, he just had to tell me that I was “... the most beautiful woman he’d ever seen, he had to stop to tell me” Pause.

I was complimented plenty of times before. I wouldn’t describe myself as vain, but I know I was blessed with beautiful “black-girl magic” as I’ve come to call it. But somehow, this compliment was different. I could almost feel the molecules in the air hold still for as long as we were in conversation. After expressing my gratitude, I hesitantly asked if he wanted to take a seat, seeing as his eyes were glued to mine for a few moments. One cup of coffee became two, and that quickly turned into three. Before we knew it, a few hours had easily passed us by with the sun setting gracefully outside the window, still deep in conversation.

His name was Elsi, as I found out, meaning God’s satisfaction sent to Earth. And satisfying he was. Incredibly polite but delightfully knowledgeable, he never once interrupted me. With every topic, he spoke with thunderous authority, especially about spirituality, fate, and destiny. I took in every detail of his profile, only half-believing that he was a real person and not a book-character in my very realistic day dream. He spoke about every event having a meaning, and every meaning pushing an individual to the next stage of their life through a series of lessons. “Life’s an endless journey of lessons. Sometimes you realize you’re learning the same lesson over and over again, at which point you can choose to overcome, or remain learning because you are comfortable where you are.” Elsi said, carefully choosing his words. Although I had just met him a few hours ago, I felt as though I knew him my entire life, as if he studied me in and out before ever uttering a single word to me.

“Hey guys, we’re closing up soon” the young lady said politely to both of us, broom in hand. We both looked up in surprise to see the entire cafe completely empty. Huh. Where did everyone go? Is this feeling I read in the cheesy romantic novels of the whole world disappearing and all that junk? “Maybe not junk after all” I thought to myself as I let out a shy giggle. Elsi looked disappointed, as if the cafe personally offended him by having to close its doors. He stood up, leaving a long-forgotten cold coffee on the table, and held out his hand to help from my seat. “My mother always said to marry a gentleman” I said jokingly, taking his hand. “Careful, Amina, I might hold you up on that offer” Elsi responded. As I looked up at him, his figure towered over me in the best way possible, and the lines in that sentence blurred between a joke and a promise. I would later go home and tick off every single line I had written for my “soulmate” off that very list I almost disposed of.

Five years passed as quickly as the pages on that book I read so long ago now. Looking at the beautiful diamond ring on my left hand, gleaming as it catches the light coming into our living room, it feels like I had dreamt it all. If it wasn’t for that list, would I have met this amazing man I am calling my husband in the next coming months? My thought process is quickly interrupted with the sound of Elsi’s car slowly entering our gate. I close my notebook, now slightly worn and completely filled to the very last page. Over the years, I’ve written about my desired job, what I want to see in my home, even the kind of car I want to drive. One after the other, I watched them materialize. Not out of thin air, and definitely not overnight. But the way they came about, was even more magical than I could’ve ever imagined. Hearing the jingle of the keys on our front door, I close my eyes and take a deep breath, and think humorously to myself “Somehow, this worked out perfectly”

By Helen Nunso

10 SECRET BEAUTY HACKS YOU CAN TRY NOW!!

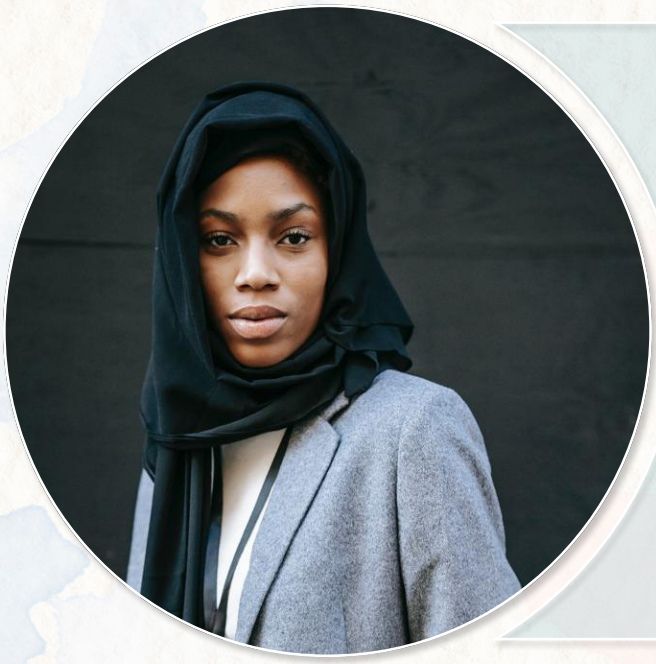


Meet Soleil Soleil X, Farrah and Ysa,
Afrovibes TV and Radio personalities

We are all beautifully and wonderfully created! Here are some subtle beauty tips to keep in mind and help you to continue to flourish:

1. Always be hydrated – Drink water. All the time!
2. Never go to sleep in your makeup.. even if you're super tired.
3. Use don't need to spend a lot of money removing your makeup. Use Vaseline or other oils!
4. Do a 10-minute Aloe Vera Gel mask before bed to keep acne at bay.
5. Remember your vitamins - Vitamins: high EPA fish oil, vegetable-based multivitamins, vitamin c with rosehips, etc. The better you are to your body, the better you look
6. Wear sunscreen everyday.
7. Get enough sleep.
8. Avoid hot water on your skin.
9. Wash twice daily, and again after sweating.
10. Last but not least, avoid touching the skin!

Photographer: Trent Zenon



AN IMMIGRANT'S POEM

America, a country I love dearly
Yet the struggle continues very much clearly
Work hard for a future to secure
The New World is such a great allure

In journey lies many an obstacle
Lack of an opening a debacle
Prejudice, poverty, and dark paradigms
Strain and suffer in great chaos sometimes

I care for America most great
But does it care for me as of late
This land of the free, home of the brave
I hope to remain here til the grave.

A YEARNING FOR GOD

The Supreme Being. A concept that is inherent in many belief systems all over the world. There are many different interpretations of it around the world. Such examples can range from Olorun of Yoruba religion to Allah of the Islamic faith. From Brahma the Creator of the Hindu Faith to Shangdi of Chinese folklore to Ahura Mazda of Zoroastrianism, many cultures and humanity in totality look to the concept of a Supreme Being as something to show where mankind came from as a singular absolute source.



People can call that Being, God, but it is something that should be contemplated by all, even atheists. It is not the matter of whether or not a being is real or not. What is more important is why we are so attached and fascinated by the Supreme Being. This is more than being about an entity but a concept. The concept of a source from which are all from.

In learning and thinking on the idea why this concept is so ever-present, this can be attributed to a combination of psychology, philosophy, and personal spirituality. With some psychologists from early psychology such as Freud, the idea of God comes from our relationship from the concept of parental figures. In Western societies, this is usually attributed to the Father. But in some societies, the concept of the Earth mother and the emphasis on the mother superseded the patriarchal before the rise of modern civilization.

Western philosophers like Aristotle and Plato believe that before everything came to be something had to bring it to motion, a prime mover as it would be usually called. They also asserted that something had to be an axiom to give meaning and morality to our society and existence. This would be challenged by Eastern thought which emphasized holistic thinking as well as existentialism which asserted that an individual had to determine his or her meaning in the world.

Regardless of where God came from, it is here to stay. Many news outlets and reports claim that many people are leaving churches and religions, but they also claim that lack of spirituality didn't increase along with it. In fact, many decided to be just non-affiliated as the issue of leaving religion is not necessarily a denial of God or the spiritual but an increasing lack of confidence and faith in our institutions whether it is religion or otherwise. Materialism can only go so far for some people before they decide to have that yearning for something beyond our scope.

My personal speculation is that many people have different motivations that make them seek out something greater than themselves. This can be a need for external authority to keep everything in check and remain secure in a vast world. Perhaps, they seek eternity with something more on the horizon over the dread of ultimately ceasing to exist after death. This can be an appeal to a sense of oneness and totality that we are all one and are united from the same source in contrast to the concept of an alien other.

Whatever it may be, the Supreme Being is here to stay in many forms. It doesn't have to be found in religion but more of one's personal experience and sense of wonder and awe of a vast universe. A sense of belonging is that yearning we have to connect to each other and the place or being we all come from. That desire of yearning and belonging will endure in ongoing generations and the concept of the Supreme Being will follow too.

By Matthew Curran

AUTHORPRENEURSHIP: THE 21ST CENTURY WAY TO WRITE A BOOK

by Sharon C. Jenkins



For the past twelve years I have studied the writing industry and the need for a true understanding of the authorship process, especially in its present evolution. Writing is serious business! The goal of this article is to alert you to the imminent opportunities the writing industry provides for new entrepreneurs, coaches, consultants or aspiring authors who want to have a robust writing career.

What is authorpreneurship?

To properly understand the word "authorpreneurship," we must look at the two words that lend clarity to our definition: "author" and "entrepreneur." Lying on my desk is this huge red book titled Webster's New World College Dictionary. I could have visited Google, but I am an old library junkie, and the rustling of crisp pages makes me smile. Let's look at the definitions for an author and entrepreneur.

Webster's definitions:

Author: a person who makes or originates something; creator; originator. They are a writer of a book, article, blog, etc.

An author is a person whose profession is writing books.

Entrepreneur: a person who organizes and manages a business undertaking, assuming the risk for the sake of the profit.

My definition of authorpreneurship is: The business of authoring, marketing and publishing your work. You actively take part in the planning, implementation and evaluation of the process to create your book, eBook, blog, editorial, whitepaper or article, or script for an audiobook and its distribution as a partner or independent publisher.

In a recent article in The Conversation, an article titled Book sales have soared since the pandemic – but the industry must adapt to engage with new readers, written by Claire Squires, she reports "Despite bricks-and-mortar bookshops being closed for much of 2020, over 200 million print books were sold in that year—the highest number since 2012." Printed book sales amounted to 750.89 million units in 2020, marking a growth of 8.2 percent, the highest year-on-year increase since 2010. The book industry is booming!

So how do you make money in this current industry?

Own the process! It's a business, and you must treat it like one. Often writers simply turn the business side of their trade over to the "experts," such as virtual assistants, ghostwriters, print-on-demand publishers, etc. Experts cost money. Prudent business owners desire to get the best value for their investment. It has been my unfortunate experience that if you don't do your research to identify creditable candidates for your publishing team, then you may end up assuming a loss. On the other hand, the "do-it-yourself route" can cripple your chances of success if you are not well versed in authorpreneurship. Whether you choose the "do-it-yourself" route or pay for help, you can still achieve your objective, but you first must master the art of authorpreneurship. Here are six tips to get you started:

1. Get started, the time is NOW! There are tons of FREE resources available. Just do a Google search for what you need or take a trip to YouTube.
2. Do your research about the industry before you hire someone so that you can make the wisest financial investment possible. In this industry you can spend $1,000 or $10,000 for the same results.
3. Get acquainted with your "why." It will fuel your motivation when everything goes crazy in your world.
4. Choose your publishing model. "Begin with the end in mind."
5. Develop a reasonable timeline, one that complements your existing commitments.
6. Search for books that are similar to your product and research their covers, layout, marketing strategy, writing style, etc. Maintain your originality but study the market so that you can have the best results possible. A quick trip to Amazon will tell you a lot about your genre.

Simply speaking, authors take care of your business and it will take care of you. Now go forth and make lots of money, the literary industry is waiting for you!

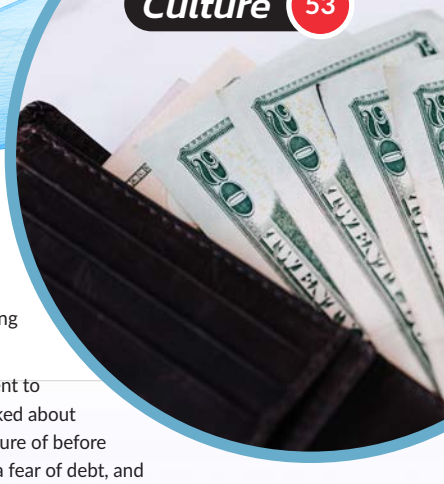
Sharon C. Jenkins; is the principal for The McWriting Services. She has had the privilege of working with authors such as the national bestselling legal thriller author William Bernhardt, award winning journalist Christopher Carosa, women empowerment expert, Dr. Barbara Walker-Green and accomplished scientist and STEM advocate, Dr. Jayshree Seth. For more information, contact her at sharon@mcwritingservices.com. To get your FREE Authorpreneurship Workbook go to http://www.mcwritingservices.com.

THE AUTHORPRENEUR COACH

"Authorpreneurs are a rare breed. They authentically combine two skill sets, writing, and entrepreneurship, to create a space in the literary marketplace for their creativity."

– *Sharon C. Jenkins*

HOW TO GRADUATE COLLEGE
WITH LITTLE TO NO DEBT



Most of you who follow me on instagram wanted to know how I was able to graduate college with little to no debt, so I wanted to recreate this post to share with you about my experience. The reality is that college is expensive and it's getting even more expensive, therefore student loan debt continues to rise. I was reading an article recently on the Washington Post, which stated that "Student debt now totals about $1.5 trillion, more than credit card and auto loan debt." I continued to read other articles and reports which state that women carry a bigger burden of debt than men. I don't know about you, but that's really scary. It is honestly something that the country should address and that we should all pay attention to when electing officials.

For starters, I received my bachelors degree in 2011 and I haven't made any plans to further my education. Just like most people, I went to college with no money other than what I had earned working retail just a few months before freshman year. In my previous post, I talked about learning to let go control – because I've had so much control over myself and future since I was in High School. One thing that I was sure of before going into college was that I didn't want my mother to ever have to worry about helping finance my education. I also at the time had a fear of debt, and my negative view of it made me hustle hard and work smarter. Because of everything below, I was able to pay-off my student loans within a month after graduating.

◆ Take dual credit courses pre-college

My high school offered dual-credit courses before I graduated, so instead of having a regular schedule of a senior I decided to add some college level courses which would give me the opportunity to earn the credits necessary to graduate high school while also getting credit for a college level course. One of the courses I took was Algebra, so I never had to take a math course after my senior year in high school(don't give me a math test now.lol). Instead of enjoying the free time and short school schedule of a High School senior, I enrolled in journalism and broadcasting classes as well as dual credit college courses. So you can understand why it was easy for me to transition that attitude into the college world. There are so many "typical" things that I opted out of because I knew what I wanted, and I have always been able to see different perspective outcomes- which helped me weight my choices. You really have to take responsibility and know what you want.

◆ Choose to remain in-state

This one is a good follow-up to the previous, because had I chosen to attend a program that I could have attended and received a bachelor/masters within 5 years – I wouldn't have been able to transfer those dual credit courses and my tuition would have been higher. Although that program would have put me ahead, I don't regret choosing to remain in-state.

◆ Attend Community College

I remember my mom telling me to go to community college, and I wasn't listening. But while in college, I decided to take some of the courses that I didn't feel would benefit me in my future career in community college. So, during one summer I took history and a science course at a local community college. The classes were way more affordable than those at a university.

◆ Apply for financial aid & scholarships

Please do this. Though not everyone might qualify, there are many forms of assistance available(and hopefully more will be created in the coming future). From financial aid to scholarships and opportunities for work-study programs. I qualified for financial aid(Thank the Gods). I was given 1 or 2 grants my first year and the rest I used student loans and some of the money I had earned working during the summer. I also decided to apply for a scholarship in the school of mass communication after someone told me that most people don't bother applying for scholarships because they don't think they'll get them. So I applied, and with little to probably no competition, I was awarded 2 scholarships for my last semester year. Whatever money that wasn't used in the school year and was cashed out to me, I'd save instead of going on a shopping spree.

◆ Get a PT job or internship or work during summer

I worked during the summer months and would also save that money to buy school supplies, books, new clothes or whatever I needed for the school year. Y'all, I'm pretty sure books still cost a good penny! On that note – I'd buy them used from classmates or rent them for the year.

◆ Spend less, SAVE more

And we're back again. Please learn to save, this will help you for the rest of your life (if you don't believe me, ask your parents or grandparents). Learn to not be so dependent on brands, status and whether you're cool or not. One thing I loved about college was the fact that nobody was really "better" than anyone, we were all just trying to make it. I also attended any event that offered free food(yeah, the foodie has always been around), this helped me in moments when I ran out of my meal plan.

◆ Work for your school

Yo, this saved me A LOT. I was super involved within my school that I ended up applying to be a resident assistant. I got the job, and although it kept me away from the traditional "college experience" due to scheduling – I wouldn't change it if I was given a do over. Why, you ask? 1. Room & Board was covered 2. Meals were covered. Because of this opportunity, I was able to keep living on campus as an upperclassman unlike some of my peers who were forced into off-campus housing- which has gotten even more expensive as well. I'm definitely forever thankful for this benefit the RA job afforded me.

◆ CLEP out of some courses

There are opportunities to test out of certain subject that you feel you are well knowledgeable in. I CLEPed out of French I and II, therefore I didn't have to take the classes at full price and spend all the time taking those easy courses.

◆ Don't be a slacker

Take school seriously, if you are struggling ask for help. I've never met a college professor who wanted their students to fail. I was the kid who was always asking questions, especially in some of my most challenging courses. I'd ask my professors for assistance, extra credit or for any studying advice. I also figured out my ways of studying, whether it be surrounded by people or alone in a quiet place – finding this out will help you a bunch!

◆ Pick a major

It can be hard to pick a major if you don't know what you want to do. Which is why I would suggest beginning to think about your potential career before applying to college. In declaring a major, you're able to quickly move through the college experience instead of hopping around from major to major(there's nothing wrong with that), but we're tryna save some coins here! I came in to college wanting to study Journalism, but something within me lead me to advertising, so I was able to declare it.

◆ Graduate on time or earlier

Because I took dual credit courses, some courses in community college, CLEPed out of French, and declared a major early – I was able to graduate a full semester early and get a head start in the crazy "real world."



Remember everyone's case is different, this is what has worked for me.

THE SPOTLIGHT FEATURING COMEDIAN RUDY RUSH

By Matthew Curran



A veteran of the professional comedy circuit, Rudy Rush has experienced a wide spectrum of the entertainment business, from touring colleges and clubs to becoming the youngest host of the longest-running African-American syndicated show, Showtime at the Apollo. Rudy parlayed his Apollo notoriety into major projects with Dave Chappelle and Martin Lawrence, while also appearing on shows such as Def Comedy Jam, Jamie Foxx's Laff-A-Palooza and Premium Blend.

Rudy has been featured in his own half-hour special on Comedy Central and was the comedic force on the long-running, nationally syndicated radio show, The Doug Banks Morning Show.

Ysa Abraham of Afrovibes TV interviewed the season veteran of the comedy circuit, Rudy Rush. A Harlem Native, Rush traveled around the world at different clubs showing his routines and skits that propelled him to the spotlight. He is featured as a host on Showtime as well as seen inComedy Central and Comedy Jam and heard in radio shows like Rush Hour with Rudy Rush and the Doug Banks Show.

Rush and Ysa talked much about numerous subjects such as how Rush got into comedy, how he decided to pursue his career further like being on tours, how he collaborated with other comedians like Dave Chappelle, how technical comedy really is, and much more. He also discusses what it is like being black in America. He says that the black people have a pervasive burden in a way that not many other minorities feel in America to an extent. He mentions that African-Americans want to be treated with respect but knows they would be treated differently because of the institutionalized racism in America. He also mentions there is also an insidious lack of self-respect within the African-American community, and there is less unity within it then back then.

Rush suggests for the next generation of African-Americans to look at what they want to do and see how many are doing at a very high-level of expertise. It requires dedication and understanding to not take the opportunities given for granted. He considers himself blessed for his accomplishments but also is conscious about the futures of the next generation of black people and how that reflects with his own experiences reaching to the level he is now. With such words, Rush imparts the importance of consciousness to black youth that it is possible to succeed in any path despite the odds as long as one understands their situation in America.



FEATURED MODEL: Farrah

Born in Dallas, TX and raised in Ennis, TX, Farrah has always been an artist at heart. Her biggest inspiration as a young child was her musically-inclined family, especially her grandmother, who was the First Lady and head musician at her grandfather's church in Mexia, TX. All the women in her family were very much into appearances, specifically when it came to fashion and fragrances.

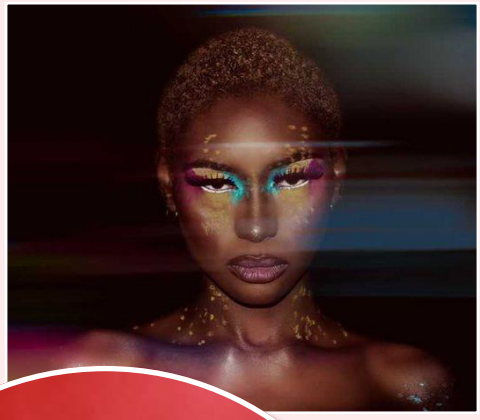
Being surrounded by people with such vast backgrounds, Farrah wanted to be good at everything she had a talent for! America's Next Top Model was her favorite show growing up and is also what pushed her to begin modeling professionally. At every waking moment she sang as loud as she could and practiced her model walk, even sometimes during class. Despite growing up in a small town where dreaming is not encouraged, Farrah has always made it a point to prioritize her dreams above all else.

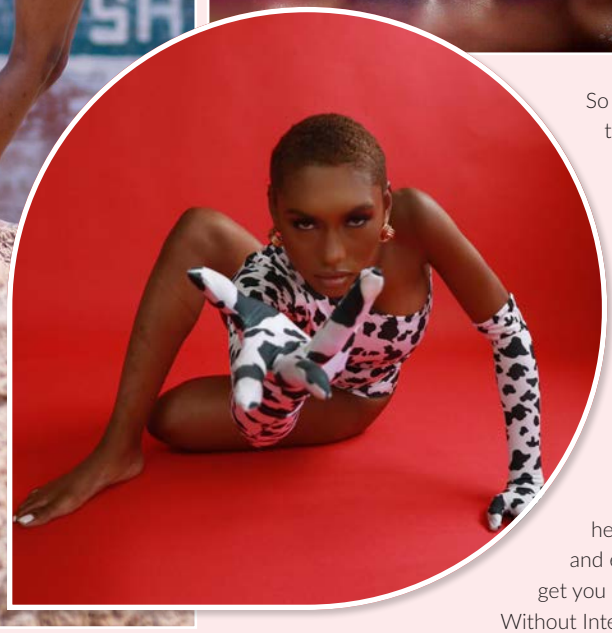
Throughout high school, Farrah was most proactive in choir, theater, and fitness. For fun, she read a lot of African-American literature and poetry. After graduating high school, she went on to study at Texas Southern University as a Music Major with a concentration in Vocal Performance. However, it wasn't until the end of her sophomore year there that she realized classical music was not her forever so she dropped out, got an apartment in Houston, and became an intern at a local thrift store off MacGregor Way where she could gain experience in sales, styling, modeling, and social media management.

Learning of the harsh expectations of the modeling industry really scared her from modeling all her life because she always believed she wasn't thin enough. Little did she know, the industry had just started to change in her favor. And with a much needed push from her friends at the thrift store, in 2020 she began pursuing a modeling career full-time. Can you say "Divine Timing"?









So Farrah started off with print, graduated to runway, and then to music videos and public appearances. As time went on, her confidence began to soar and she became more ambitious in pursuit of other dreams of hers. Mid-February, she was recruited to become a TV Host for AfroVibes TV & Radio. It took A LOT of time, training, sweat, and tears, but she became such a stand-up girl on screen and gained an incredible team who grew quickly into extended family. In a city where almost everybody talks a good game, Farrah has always made it a point to allow her energy to speak for her. She's never been a good liar, so to sell a fantasy was very left-field for her. She believes that a deserving spirit will always be prosperous, and so she chooses to present herself as a living testimony to all upcoming models, artists, and entrepreneurs that accountability and integrity can indeed get you to where you want to be in life. Her motto is "Do Nothing Without Intention" and she tries her best to live her life accordingly.

Now at only 21 years old, Farrah has collaborated with 20+ clients as a freelance model.



THE 2021 WORLD CHAMPIONSHIP

TABLE TENNIS COMPETITION

By John Foster

The tournament was held at the George R Brown convention Center.

The best table tennis players around the world came to Houston November 23 through November 29 to play in the world championships of table tennis here in Houston Texas.

Houston was honored to be the first city ever in America to host this 2021 WTTC competition.

With the new format the international table tennis Federation featured 128 players in singles men and women. There was 64 pairs each for doubles competition including mixed doubles. This is larger than most tournaments in the past!

The event was completely sold out on the final days with attendance completely full every day.

China's talent proved once again they are the best in the world winning four of the five divisions!

Fan Zhendong for the first time won the gold medal in singles beating a 19-year-old Swedish player Truls Moregard #77 in the world 4-0 in the finals. Truls came out of nowhere earning his way to the finals. Defeating Timo Boll in the semifinals which was a real upset.

On the women's side Wang Manyu defeated her teammate Sun Yingsha 4-2 and took the singles title.

These two are very good friends and it was a great competition they were both happy to be in the finals and consider it a win-win at least that was Wang's feelings about the finals.

Swedish players Kristian Karlsson and Mattias Falck took the men's doubles match defeating South Korea's Jang Woo-Jin and Lim Jong-hoon.

In mixed doubles an American and Chinese player took the bronze medal in mixed doubles. Lin Gaoyuan (China) and Lily Zhang from the US.

This year marks the 50th year of ping-pong diplomacy which is of great significance in the sport. This was their first time playing together and was just approved a week before the matches so that an American player could play with the Chinese player in the mixed doubles competition.

The Chinese table tennis association and the US table tennis Association jointly agreed that these mixed doubles tandem was going to be allowed in the 2021 championships.

Agreeing that this would be a great achievement for the China-US relationship in friendship. Hopefully in diplomacy and definitely in the history of table tennis.

PREMIER LEAGUE UPCOMING SCHEDULE

Matchday 19 · 26 - 27 Dec

Liverpool	Su 07:30	Leeds
Wolves	Su 07:30	Watford
Burnley	Su 10:00	Everton
M. City	Su 10:00	Leicester
Norwich City	Su 10:00	Arsenal
Tottenham	Su 10:00	Crystal Palace
West Ham	Su 10:00	Southampton
Aston Villa	Su 12:30	Chelsea
Brighton	Su 15:00	Brentford
Newcastle	Mo 15:00	M. United

Matchday 20 · 28 - 30 Dec

Arsenal	Tu 07:30	Wolves
Crystal Palace	Tu 10:00	Norwich City
Southampton	Tu 10:00	Tottenham
Watford	Tu 10:00	West Ham
Leeds	Tu 12:30	Aston Villa
Leicester	Tu 15:00	Liverpool
Chelsea	We 14:30	Brighton
Brentford	We 15:15	M. City
Everton	Th 14:30	Newcastle
M. United	Th 15:15	Burnley

Matchday 21 · 01 - 03 Jan

Arsenal	Sa 07:30	M. City
Leicester	Sa 10:00	Norwich City
Watford	Sa 10:00	Tottenham
Crystal Palace	Sa 12:30	West Ham
Brentford	Su 09:00	Aston Villa
Everton	Su 09:00	Brighton
Leeds	Su 09:00	Burnley
Southampton	Su 09:00	Newcastle
Chelsea	Su 11:30	Liverpool
M. United	Mo 12:30	Wolves

Matchday 22 · 14 - 16 Jan

Brighton	Fr 15:00	Crystal Palace
M. City	Sa 07:30	Chelsea
Burnley	Sa 10:00	Leicester
Liverpool	Sa 10:00	Brentford
Newcastle	Sa 10:00	Watford
Norwich City	Sa 10:00	Everton
Wolves	Sa 10:00	Southampton
Aston Villa	Sa 12:30	M. United
West Ham	Su 09:00	Leeds
Tottenham	Su 11:30	Arsenal

Matchday 23 · 21 - 23 Jan

Watford	Fr 15:00	Norwich City
Everton	Sa 07:30	Aston Villa
Arsenal	Sa 10:00	Burnley
Brentford	Sa 10:00	Wolves
Leeds	Sa 10:00	Newcastle
Leicester	Sa 10:00	Brighton
M. United	Sa 10:00	West Ham
Southampton	Sa 12:30	M. City
Crystal Palace	Su 09:00	Liverpool
Chelsea	Su 11:30	Tottenham

Matchday 24 · 08 - 09 Feb

Aston Villa	Tu 14:45	Leeds
Brighton	Postp.	Chelsea
Burnley	Tu 14:45	M. United
Norwich City	Tu 14:45	Crystal Palace
West Ham	Tu 14:45	Watford
Wolves	Tu 14:45	Arsenal
Newcastle	We 14:45	Everton
Tottenham	We 14:45	Southampton
Liverpool	We 15:00	Leicester
M. City	We 15:00	Brentford

Matchday 25 · 12 Feb

Brentford	Sa 10:00	Crystal Palace
Burnley	Sa 10:00	Liverpool
Chelsea	Postp.	Arsenal
Everton	Sa 10:00	Leeds
Leicester	Sa 10:00	West Ham
M. United	Sa 10:00	Southampton
Newcastle	Sa 10:00	Aston Villa
Norwich City	Sa 10:00	M. City
Tottenham	Sa 10:00	Wolves
Watford	Sa 10:00	Brighton

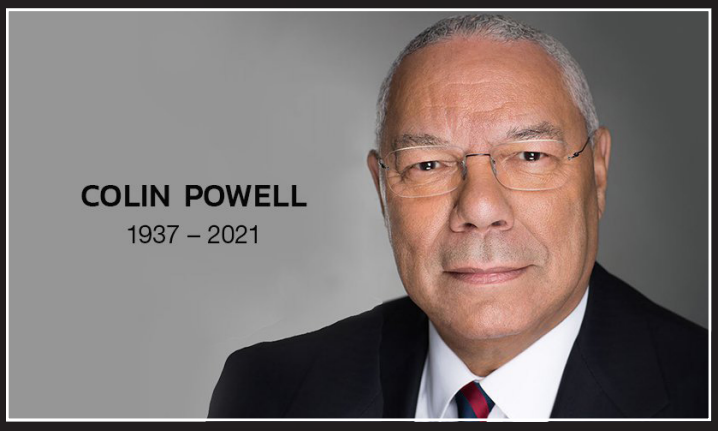
Matchday 26 · 19 Feb

Arsenal	Sa 10:00	Brentford
Aston Villa	Sa 10:00	Watford
Brighton	Sa 10:00	Burnley
Crystal Palace	Sa 10:00	Chelsea
Leeds	Sa 10:00	M. United
Liverpool	Sa 10:00	Norwich City
M. City	Sa 10:00	Tottenham
Southampton	Sa 10:00	Everton
West Ham	Sa 10:00	Newcastle
Wolves	Sa 10:00	Leicester



COLIN POWELL
AND THE DEATH OF AN AMERICAN TRAILBLAZER

By Max Jefferson



Colin Luther Powell was born on April 5, 1937, in Harlem, New York to Jamaican immigrants. Generations ago, who would have imagined that a soon academically challenged black kid from the South Bronx would eventually blossom into a pivotal figure in the United States military and American political life? A man who took the form of a revolutionary trailblazer, standing as a model to the world of what a determined black man could achieve in an otherwise indifferent American racial landscape.

While attending school at the City College of New York, he began participating in the ROTC, eventually attaining the top rank of cadet colonel. Powell would always say that the military was an environment in which he felt he finally belonged and could strive within. "I felt somewhat distinctive wearing a uniform. I hadn't been distinctive in much else."

After graduating in 1958, Powell graduated and entered the US Army. He would go on to serve two tours in Vietnam during the 1960s. He was wounded in action twice, including a helicopter crash in which Powell rescued two fellow soldiers. After returning home from the conflict, he attended the National War College and began to ascend the leadership hierarchy. By 1979, Powell had been promoted to brigadier general.

During the 1980s, Powell's career reached new and incredible heights. He was appointed as President Ronald Reagan's final national security advisor in 1987 and was chosen by President George H.W. Bush to head the Joint Chiefs of Staff in 1989. Powell had ultimately achieved a level of status that no African American before him had accomplished throughout the long history of African American involvement in the United States military. It was over two hundred years in the making. Two hundred years of brutal exploitation, discrimination, and belittlement. In this way, Colin Powell was a true trailblazer. A man undeterred by an American culture of racial exclusion that served as a roadblock for minorities striving to achieve the highest levels of bureaucratic prestige.

The next few years of Powell's life might be his most memorable. After participating in the 1989 invasion of Panama, Powell was tasked with developing an answer to Saddam Hussein's barbaric and shocking invasion of Kuwait. He was at first reluctant to get involved militarily, and instead reasoned along diplomatic lines. Powell, many times described by his colleagues as the "reluctant warrior" during the Persian Gulf War's buildup and eventual assault into Kuwait and Iraq out of Saudi Arabia, is most iconic for his words during a news conference held during the opening days of Operation Desert Storm. Referring to the entrenched Iraqi Army in the region, Powell famously said "First we're going to cut it off. Then we're going to kill it". The American military and its massive coalition of supporting allies quickly routed Saddam's Army in a four-day ground war that helped put to rest the "Vietnam Syndrome", which had clouded American foreign policy in the several years that followed the end of the Vietnam War.

In the aftermath of the groundbreaking American and coalition victory in the Persian Gulf over Iraq, Powell came to be recognized as a true American hero, then renowned for his "Powell Doctrine" of overwhelming military might. His efforts during the war earned him both the Congressional Gold Medal, as well as the Presidential Medal of Freedom. Powell retired from his long and decorated military career in 1993.

Throughout the remainder of the 1990s, Colin Powell began to be characterized as a potential presidential candidate. He turned down this opportunity on multiple occasions. Instead, by 2000, Powell became very interested in George W. Bush's Presidential Campaign. He would soon become Bush's first cabinet selection, where he was announced as the United States' first African American Secretary of State. However, in the aftermath of the terrorist attacks of September 11, 2001, Powell became Bush's top diplomat tasked with building international support for the War on Terror. This new role would prove disastrous for Powell's reputation, as he delivered a speech in early 2003 before the United Nations. He presented false evidence allegedly proving that Iraq had hidden weapons of mass destruction from UN inspectors. Only a few years later, Powell would go on to say that his UN speech would forever remain a "blot" on his record. The Iraq War soon collapsed into a military quagmire and Powell left the State Department in 2005.

Even though his career ended with a whimper and not with a bang, one should never overlook his unparalleled success in the American public spheres of military and political life. Nor should they forget the many doors that he opened for minorities as a true American trailblazer. Powell passed away on October 18, 2021, from complications of COVID-19. Although he also suffered from multiple myeloma and Parkinson's Disease, his death reminds us of the vast scope of damage that this virus has inflicted upon the people of this nation. His death should be viewed as not only a rise to the rallying legacy of a trailblazing giant, but also a reminder of how many we have lost over the course of this deadly pandemic. But also, a restored appreciation for life's possibilities.



A little about the author, Max Jefferson

My journey has not been ideal. A child of two accomplished Houston-based lawyers, I was raised in a household committed to black excellence and individuality. I grew up in a privileged environment. Demographically and culturally, my experiences growing up didn't match the experiences of most Black Americans. I was spoiled with the fortune of having a father who was a standout football player for the University of Texas at Austin, and I always looked forward to attending Texas Longhorns football games every fall. However, I faced adversity at a young age. I was hospitalized with Kawasaki's Disease in 2003 at the age of eleven. The doctors at Texas Children's Hospital didn't expect me to live. I fought for my life that summer. I survived and escaped certain death a changed human being. My life forever stripped of its innocence. But also, a life placed on a unique path of intellectual curiosity and bold distinction. Eighteen years later, I've earned a MA in History from Clark Atlanta University and have found public success with my blog, Frustrated. Inspired. I'm excited about what the future holds for me. A young man who understands the necessity for resilience and distinctiveness in life.

THE AMERICAN JUSTICE SYSTEM IS ON TRIAL

By Max Jefferson

As Americans, regardless of race, we all know this familiar story. Justice for black life sacrificed in the name of the age old mystique of white purity. It really doesn't matter who the name of the victim is. Emmitt Till, Medgar Evers, Rodney King, Trayvon Martin, Breonna Taylor, George Floyd, or Ahmaud Arbery. Whether they survived their deadly encounter with racism, or weren't so lucky, the value of their lives has historically been questioned and ultimately undervalued by a blatantly biased justice system.

In the wake of the Kyle Rittenhouse verdict, it's quite obvious how much those designated as Caucasian are given the benefit of the doubt in situations where Blacks would have been assumed guilty until proven innocent. The pending verdict on the brutal shooting of an unarmed, young black jogger in Brunswick, Georgia has the residents of the small Southern city somewhat pessimistic. They know all too well the history of the justice system's track record when Black lives are involved. Statistics show that over half of Black adults across the United States do not believe in the American justice system. The events of the past two or so years certainly hasn't tempted them to change their minds either. The murder of George Floyd, captured grimly by social media, will forever be sealed in their collective memory. But even more unfortunate, Black Americans have been accustomed to such inhumane treatment dating far back into their ancestral storyline.

With a jury only possessing one black, alongside eleven whites, Brunswick's black community awaits the verdict to the Arbery case with cautious optimism. However, many in Brunswick and across the nation are less optimistic after so many years of having to accept the ongoing failure of an underachieving American justice system. A guilty verdict won't be able to undue the damage done to Arbery and his family, but it might help temper an American racial climate that has the feeling of a hot thermometer on the verge of a violent explosion.

With the recent rise of Trumpism and White extremism, the hands that manipulate the American justice system have a responsibility to the American people to finally perform in a fashion that is fully aligned with the pronounced values of the United States. Such a development would be a welcoming sign for the future of race relations in this nation. However, as conventional wisdom has shown us time and again, this justice system might be more inclined to surrender to a culture that endorses racial purity and domination at the dismay of black lives.

Therefore, as the jury in Brunswick deliberates, those Americans who sincerely want to see racial justice prevail on a consistent basis should brace themselves for a form of disappointment that they are well accustomed to. However, they must not allow pessimism to dampen their spirit and hopes for an American justice system that honors the promise of resolute equality in our society.





PETRICHOR

Originally, Award Winning Producer Tim Martin and Texas singer/songwriter, Sheila Ann, were asked to give guidance to 5 gifted and talented teens in their community. These youth were blessed with extraordinary talent in music; singing, songwriting, and musicianship. But, for these kids in small town America, the opportunity to learn and grow in their passion, simply wasn't available.

Tim has produced shows from small-town rodeo arenas across Texas, to podcasts, to elegant dinner and music events in venues seating up to 4,500. He has won awards from small towns all the way up to the F.A.M.E Awards at the Hard Rock Cafe, on the strip in Las Vegas. Tim, along with Sheila Ann, saw this as their opportunity to help a young person, from Rural Texas, achieve their dream. But, they couldn't do it alone.

Sheila Ann, an experienced and successful singer, could teach stage performance. And she did. Spending countless hours working with the kids. When ready, they were introduced to singing with a live band. And it couldn't be just any band. Tim and Sheila Ann had to form a band that was willing to donate time to the youth. There were only 60 days left before the whole community expected to see these 5 teens in their first concert. So, Tim and Sheila Ann found Mark Bishop, who later became Petrichor's Music Director.

Mark fit right in. A professional Music Director and Praise Team Leader at his Church, Mark relished the opportunity, the chance to make great music, while giving young people the opportunity to shine their brightest. Mark jumped in with both feet, and with his bass guitar.

Auditions were held, musicians were worked with, but none seemed to click. Finding the right person is sometimes difficult. Fortunately, the right musician became available, at the right time. This musician plays many instruments and has already released an album, as well as many singles. He was ready for a new project, and this fit perfectly. Singer-Songwriter Randy E. Bishop came on board immediately. Randy describes his original music as "Ameripolitan", where you can hear a little Country, Rock, and Blues in the mix. Randy brought new showmanship style to the band.

A lead guitarist and drummer were borrowed from other bands and the show was performed and was a resounding success. Two of the five kids were able to find representation with their show stopping performances. We should expect to see their albums and EP's released soon.

Sheila Ann, Randy E. Bishop, Mark Bishop and Tim Martin had completed the project. Now, a family had formed. They truly enjoyed working together and they wanted to do more. A lead guitarist and drummer were needed. They not only had to be great, but had to be committed to the family that had been formed.

As Mark Bishop plays in several venues, he reached out to one of Houston's best drummers, Jacob Woolley, a degreed Special Education Teacher, barely in his thirties. Jacob was perfect. Not only did he love to play, but also loved what he was becoming a part of. Jacob, only a few years earlier, played in one of Houston's more successful rock bands, but tragedy and trials struck. He was forced because of an illness to take a few years off. Jacob is now committed to the group and fits perfectly. Mark, Randy, and Sheila Ann welcomed him to the stage with open arms.

Next, Mark brought in a lead guitarist he works with every week at church. He was the right fit. Quieter than the rest, Joseph Prushing is all about letting his guitar speak for him. Always smiling, Joe was the final piece of the family. He is a degreed engineer, with a passion for music. You can hear that passion and precision as he performs his guitar duties in the band.

Petrichor now lives.

Petrichor is:

Music Director, Bass and Vocals: Mark Bishop,
Vocals: Sheila Ann
Guitar, Keyboard and Vocals: Randy E. Bishop
Drums and Vocals: Jacob Wooley
Lead Guitar and Vocals: Joe Prushing
Managed by: Tim Martin



AFROBEATS KING: HEPH B

The "Linkupbwoy" a.k.a. Heph B was raised between New York, New Jersey, and the African Country of Nigeria. Music was always a part of the home wherever he lived, and at the age of 5, he discovered a love for playing the Drums. By the age of 11, he expanded his talents by learning to play the Piano. His musical tastes were also developed at a young age. He developed a love for the African sounds through his upbringing with his Grandmother in Nigeria, and experienced Dancehall, Reggae, Hip Hop, Pop, R&B, and Gospel music while living in the US.

In his early years as a Recording Artist, Heph B started out as a Gospel/ Inspirational Rapper. While the career path gave him minor success and buzz in the Tristate Area, it wasn't until his relocation to Houston, Texas where he transitioned into a more diverse Artist, tapping into his roots and culture, and embracing the sounds that raised him. Blending Dancehall, Reggae, and Afrobeats into the sound called AfroDancehall, and his Da Anointed Entertainment label established, he ventured into a new journey in music.



In the years that followed his rebrand, he found success with the single, "Best Feeling". The track was featured on his "50/50" EP, and it caught the attention of many, earning music chart placements in various parts of the world, being featured on the celebrity album "Miungu ya Muziki", movie soundtrack placements, and landing him a nomination at the 2020 BET Awards where he also performed. After releasing more singles following "Best Feeling", Heph B found success again with the single, "HIDE". The track gained him more music chart success, and helped to build great momentum for the release of his latest album, "AMARII". He has shared the stage and collaborated with the likes of Wizkid, Burnaboy, Davido, Romain Virgo, Vybz Kartel, and Qraig Voicemail among many others. He reigns as Houston's King Of AfroDancehall, and is on a mission to bring his unique sound to more places around the world.

Heph B is currently promoting his "AMARII" album which has recently Charted #14 in the US World album charts, his Lead Single HIDE charts #1 on South African Reggae Charts and also hits #4 in the UK World charts.

Da Anointed Records
Spreading the way of Positivity Through Music.

Lorenza BUTLER



Lorenza P. Butler, Jr. was born and reared in Houston, Texas. His knack for negotiating and charismatic, engaging approach to networking with people from all backgrounds propelled him into a career in the media industry. Dedicated to promoting diversity appreciation, Lorenza is Texas' only Black Daily Newspaper Publisher.

He has secured millions of advertising dollars as the Channel 55.5. Publisher Emeritus of the oldest, continuously published black newspaper West of the Mississippi. Freedmen's Publishing Company, which is located in Houston and was founded in 1893.

By age 20, Lorenza, Jr. managed the Miller Brewing Company's college marketing department when Philip Morris Inc. owned it. After reading about ABC-TV paying for its employee airfare to obtain a Master of Arts, he put his persuasive talent to work by convincing his employer to pay for his weekly trips from Washington D.C. to Boston to pursue his advance degree.

Lorenza, Jr.'s passion for the media industry propelled him into obtaining a Bachelor of Arts in broadcast management from Clark Atlanta University and a Bachelor of Arts in mass communications from Wiley College. He went on to earn his Master of Arts in communication law from Emerson College. He is also a proud member of Alpha Phi Alpha Fraternity.

As the owner of media assets, Lorenza, Jr. has been a trailblazer in the industry. Although Lorenza lightheartedly refers to himself as "handicap," most see him as an incredible savvy go-getter who makes things happen.







THE DEMOCRATIZATION OF CONTENT

Dune, Shang-Chi, Tenet. Many blockbusters have come to theaters since the waning of Covid's reach. Many people came back in enthusiasm for watching movies in theaters. But many more have become more committed to watching streaming services. Hulu, Netflix, Amazon Prime. Even TV with its syndicated networks are on the decline as more ambitious content emerges. As people prefer to watch and consume video content from the safety of their homes, the purpose of syndicated TV and the theater in society is slowly declining.

While the explanation can be traced back to Covid, there is more to this than what it seems. There is already more accessibility to different movies and shows on streaming sites than what one can find in a theater or a normal TV channel. While it is a special experience to watch something like Dune on IMAX, there are not enough reasons for people to go out of the house to watch other movies there, especially if the costs of watching in theaters supersede a streaming service's subscription.

Another thing to point out is that as there is more diverse content one can find in Netflix and the others compared to theaters. Not to mention, such services also allow for TV shows to exist alongside movies which makes it more of a reason for people to watch more content at home. There is also the issue of the content itself. Many theater movies are blockbusters, and they can be quite derivative as most stick to a certain formula to please the general public. Not many action films can go experimental without risk, which these studios cannot afford. Streaming services can at least be open to experimentation allowing content where it cannot be found anywhere else on syndicated TV or movie theaters. There is also the matter that shows and movies can be watched anytime and are more available without worry of a narrow window of time slots. It also allows for binging, since there is no shortage of content.

As such, streaming services will continue to evolve as a platform for people to consume content. Also, big streaming services are not the only places where one can find content. Small and upcoming platforms are coming as well. For example, Afrovibes TV, which is central in this magazine, has platforms on Roku TV and Amazon Fire as well as having their own streaming app. There is a lot of content available for such an emerging network and more to come as the months go by. Check it out and see its progress, as we live in an age where the content is not limited to established networks but to everyone that wants to distribute content. This is the time of democratization of entertainment. It's here to stay.

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Tanzanian Marriage Tradition

So in some ways, weddings in Tanzania as I was growing up were a bittersweet celebration, as much of a double entendre that may be. While traditions have changed vastly, most of the ideas are still passed down from one generation to the next.

I remember my mom jokingly saying that my dad had to buy a cow to bring it to her dad before he was allowed to marry her. Naturally, I would laugh; sounds ridiculous right? Well ridiculous as the tradition, it was as true as rice being thrown at a bride and groom in American marriage traditions.

Just like most traditions, the groom must first introduce himself to his future bride's family, asking for the daughter's hand in marriage. But this introduction is more like a question of permission to propose at all! In this introduction, the groom must pick a respectable older person from either his own tribe or from the tribe of his future bride, to bring a letter of intention to propose. This is a proposal in and of itself! Except he's proposing to the family first!

The older representative (called 'mshenga') must be one full of wisdom and authority, as a sign of respect when asking to marry into the family. The letter basically states the groom's intention to marry with a special incentive included...money! It is seen as a form of respect when the letter presented has some form of financial input. The mshenga has now become the 'messenger' so to speak, that delivers the message of whether or not the family agrees or disapproves of the union. Some families give their answer right away, while others (especially families of a Catholic-Christian background) prefer to send the mshenga on their way and provide an answer after a period of time has passed.

During this time, the family who chooses to wait then discuss amongst themselves, and (in most instances) call the bride in question to make sure that it is indeed what she wants to do. I find this to be such a lovely part of tradition, and truly conveys the unity of a family during the marriage process. After hearing from the bride, the family then sits down to arrange a bride price. Yes you read that correctly, bride's price. This is the price of marrying the daughter of the family, which is returned back in letter form to the groom. The bride's family specifically chooses this bride's price to be paid to the father and mother of the bride which can come in a surprising number of ways. From two cows and a goat, to money, to chickens or hens, this price is not always hefty, but has definitely seen its extremes. The mshenga is the messenger who returns the letter to the groom. Finally, the groom's family arranges the date to meet with the future in-laws to present the bride price, sometimes ending the meeting with a big celebration of the future wedding (or even the proposal itself). This is known as the engagement, as from then on, the bride goes from girlfriend to fiance.

Now begins the actual preparations of the wedding, from registering with the church, to the church making marriage announcements 3 months in advance, in case anyone in the village objects. If by any case an objection is brought to the church, marriage preparations are immediately halted to hear the case out! If none are presented, there are celebrations till the day of the beautiful union.

Some of these common traditions may vary from tribe to tribe or from family to family. However, most of them stay the same, passed down to generations to come. Unfortunately (at least in my opinion) the grooms in today's day and age no longer bring cows and chickens, preferring to present money instead of animals.

By Juli The Malkia



SHINING A LIGHT ON MENTAL HEALTH IN THE BLACK COMMUNITY

Youth Life Coaching with Ysa

Did you know:

- 70% of all people worldwide with mental illness do not receive the treatment needed
- 56% of American adults with mental illness are not receiving the care they need
- It takes 8-10 years between the onset of mental illness in children aged 13-18 and the beginning of mental intervention

Source: The Mental Health Hub Organization, 2021

This is especially true when it comes to black people – and I'm talking about everybody, African, African American and Caribbean peoples, and across the world!

Unfortunately, in the black culture, we don't talk about mental health. It is so taboo, so stigmatized. But why should it be?

Let me ask you this – If you see a stranger limping on the street, your good-natured self will immediately want to help-out, and take the person to the hospital to be treated. Instantly you can identify the physical issue (limping), you know where to take them (the hospital), the stranger allows you to help and there is little or no stigma with this – as it is a physical issue. It is very different when it comes to mental health. But it shouldn't be that way as mental health is as important as physical health, emotional health, spiritual health, social health, financial health etc.

Mental health, and wellness, affects each person, from the day you are born, no matter the race, creed, religion, culture, ethnicity, background. Some of us are born with a mental imbalance, and can suffer from bi-polar disorder, schizophrenia and other mental health illnesses. It is literally something out of one's control. Some people can develop mental health illnesses from the trauma caused from certain experiences, environments, lifestyle, etc.

It can be a death in the family, or a difficult pregnancy, unexpected loss of a job or opportunity, that triggers it off. It can manifest in the form of stress, behavioral traits, shift in your mannerism, routine changes and reflect in your overall lifestyle.

Whether it is biological or environmental, mental health illnesses and issues need to be addressed in a healthy way. But before it can be addressed, treated and eliminated, the stigma needs to be removed.

We are all humans and we have to allow ourselves to BE human, to acknowledge what is and how to be our best self!

To all that are affected by Mental Health issues, here is my favorite slogan:

"With Everything Life Brings, Take One Day at A Time..."

By Ysa Abraham

Co-founder of The Mental Health Hub non-profit
www.thementalhealthhub.org

Motivational Speaker
Life Coach
www.ysabellesessence.com



YOGA for the Best Sex EVER!

By Alicia Stevenson, the Yoga Queen

Most people think that the Best Sex Ever will happen with turn ons, toys and tricks. NOPE! Wrong Answer!

What is SEX, really? It's an energetic connection with yourself, and potentially one other person (sometimes more...no judgement here).

When you have the Best Sex, you still feel good for a while afterward. More than the lowering of blood pressure and stress levels, it's like a tingling current of cellular mini-gasms that zing you into paradise.

Oxytocin, the feel good, touch hormone is stimulated during intentional self touch and touch from trusted partner(s).

Here is where Yoga comes in. I don't mean the crazy stuff you see online where you have to be flexible (although flexibility can add fun). Yoga is the aware connection of all parts of self.

Yoga, when it comes to sex prevents us from overlooking the experiential journey that leads to the Orgasm!

Have you ever had bad sex? I mean sex that was terrible, not exciting, boring or even uncomfortable? Chances are there were disconnects within yourself and/or your partner(s) that led to misalignment.

Think about Sex like an Yoga-style amusement park experience.

You arrive in the beginning of a sex interaction. What excitements are there? It could be foreplay, naughty flirting or even provocative eye contact. Notice the sensations in your body.

You pick the type of ride you want to try (pun-intended, hehe). Immediately, you feel something when you think about it or say it out loud to your partner(s).

On the way to Orgasm you have excitement in specific body parts, various types of touch. Just like in the roller coaster, sounds of joy (only when authentic) are encouraged.

Pause here, if you are not feeling what you'd like to feel ask for something else. Intelligent ways to do that- "can we try ____", "I want your ____ in/on/around my _____" , "do _____ like this", etc. Keep it specific and let your partner(s) know you anticipate the satisfaction.

Yoga when practiced with self awareness and connection can unlock your BEST SEX EVER!

Treat yourself to some Oxytocin right now. No sex necessary (wink wink).

Place one hand on your heart and one on your belly. Notice how it feels to place your hands here: Temperature, Weight, etc.

Take a breath in to fill the space in your belly first, then up to your chest. Feel the sensation tickle your nostrils and expand your insides.

Exhale slowly to soften your face, lower your shoulders, and unclench your belly.

*PRO TIP: Do this same thing for 10 breaths one day, then add 10 everyday until you can do 100 or more in one day. The more you practice, the more you will have access to Oxytocin and even Orgasms.

If you try these educational and informational items, please write about your experience or questions in to Alicia the Yoga Queen at info@afrovibesentertainment.com

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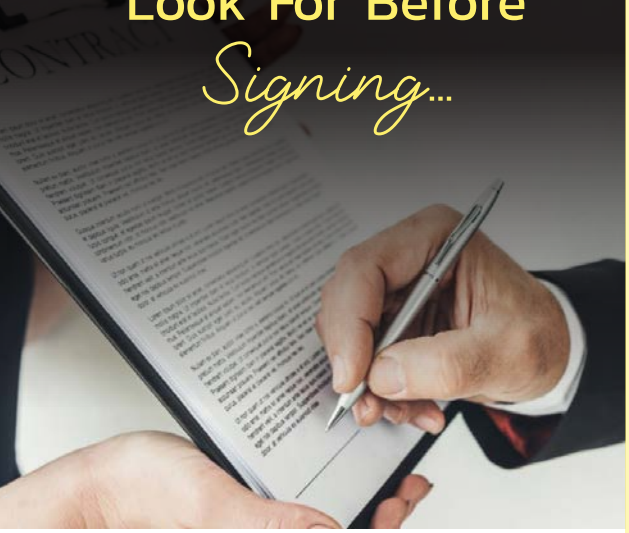
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Things You Should Look For Before *Signing...*





Congratulations to the multitude of people who used both the time and stress of the pandemic to produce business plans, ideas, and strategies that compliment life-long goals, thoughts, and dreams. Perhaps you opened a restaurant, perhaps you have sought out a nice space for a bar, or perhaps you are excited about opening a non-profit organization, all are wonderful ideas, but what protections have you set up for your business regarding contracts? Here are 5 things you should look out for before you sign any deal:

1. **Term:** *How long is this contract for anyway?*

Knowing what you agreeing to is pivotal. You many know the general terms to an agreement, but make sure what you "believe" are the terms of your agreement, show up in the contract.

2. **Parties:** *Who are you entering into an agreement with?*

Are you using your personal name in every contract, or are you using the business name? What about the other party to the contract? This seems simple, but if there is a violation of the contract, knowing who the parties are will guide who you can hold liable for the violation.

3. **A Merger/Integration Clause:** *I only agreed to what is on the document right?*

Merger clauses are essential. Merger clauses preclude (for the most part) other parties in a deal from arguing you made a promise which is not written in the contract. This may not seem like a big deal until you are accused of making a promise you never made.

4. **Venue:** *Where can I sue or be sued?*

This is a legal term, but for simplicity, the venue is the location where you can bring your case should the need ever arise. You may not be foreclosed from pursuing a venue that is not listed in the contract, but it is good to know on the front end what you are agreeing to.

5. **Arbitration Provision:** *Can I even go to court?*

Depending on your business you may be dealing with sophisticated parties. Many businesses use arbitration clauses in lieu of having suits filed in district courts. An arbitration provision in and of itself is not a bad thing, but it is important to know who is responsible for paying for an arbitration should the need arise.

Finally, have contracts for everything (even with people you love and trust). Why? When there is a misunderstanding, you simply consult the contract. I urge you to seek professional help when drafting contracts. I know. . . this extra step may cost you time and money on the front end, but it will likely save you much more time and money and even relationships on the back end.

By Chris Agboli



1ST DAY OF WORK? TIPS FOR SUCCESS!

Whether it is your first day at a new job or you've been there for years, here are great tools for everyday working people! These tips will help you start off your day well and get you on the right track for success!

1

Dress the Part! You may think that you're done impressing since you got the job... think again! This is your first time meeting 'the team!' Dress to impress. Want ideas? You can't go wrong with - a dark blazer/cardigan, neutral-colored shirt/blouse (that is appropriate without the blazer) and dark fitted (but not tight) pants. More specific ideas on professional outfits to come in an upcoming blog!

2

Review the company's website, and your role and responsibility. I know you probably looked at the company's site before your interview, but review it one last time. Why? Before, you probably looked on the site, for the company's address, to get quick little facts, or to get a very general understanding of what they actually do. Now, you gotta go past that - you need to know what the company goals are, where they are headed - so you can start to think about how best YOU will fit in. Come prepared and have an idea of what's expected of you.

S.H.A.P.E. – SHAPING THE COMMUNITY, PAST, PRESENT, & FUTURE

By Mikey Fields

Do you know who Clarence Brandley is? I apologize; I mean do you know who Clarence Brandley was? For some he was a father, grandfather, brother, and hard-working man from Conroe. To a certain group of un-fully developed humans he was the "Elected nigger" to be railroaded for the 1980 rape and murder of 16-year-old Cheryl Dee Fergeson.

Nine days before the start of the 1980 Fall se`mester for Conroe High School, Fergeson was found strangled after a volleyball tournament at Conroe High School. Brandley was one of a handful of janitors, but unfortunately for Brandley, he was the only one who was African-American.

After spending nearly a decade in prison for a crime he didn't commit, Brandley walked out of the Walls Unit in 1990, after being the third person in Texas to be exonerated from a death row conviction at the time. Many people played a part in giving Brandley the justice he truly deserved, and one of those people is Brother Deloyd Parker.

"We put cow manure on the steps of the Governor's Mansion, because that's what we thought of the justice system; it didn't amount to bull****," said Parker.

Parker is the executive director and co-founder of S.H.A.P.E. (Self Help for African People through Education) Community Center in Houston. If you have never heard of S.H.A.P.E. I will share my experience with you because it is important for all of our brothers and sisters to be aware of the jewel that has been in Third Ward for nearly half a century.

There is a plethora of activities that take place at S.H.A.P.E. such as an after-school program for the youth, the Elders Institute of Wisdom meetings, a co-op food program for the community, and a volunteer program that has helped countless people achieve their required community service hours for legal and academic reasons.

I have been blessed to be an intern at S.H.A.P.E. and one thing that sticks out to me is the genuine love that radiates from the volunteers and staff.



"Our philosophy is strong family, strong nation," said Parker during a volunteer orientation.

In a world that has a proven record of discriminating against people of African descent, S.H.A.P.E. takes pride in highlighting the struggles and victories that African-Americans are stripped of in other areas of society. I have had the privilege to work with the elders, and there are legends of the community in the group such as Elder Charles Washington, who is the first African-American Chiropractor in the State of Texas, and Elder Edith Irby Jones, who is the first African-American to graduate from the University of Arkansas, as well as the first African-American become president of the American Medical Association. What I enjoy most about the meetings with the elders are the moments of historical value, along with the realization that we must cherish and share the victories our elders have been part of, so we never forget the strength and persistence that has been instilled in us since the beginning of time.

I would encourage those who read this post to carve out a little time in your schedule to visit S.H.A.P.E. and take part in a piece of Houston's history. It is a great feeling to sit in the same room where a community of brothers and sisters put plans into action to save an innocent man from death by the same system that should presume you are innocent until proven guilty. S.H.A.P.E. has two locations which are the Harambee Building located at 3903 Almeda Road, and the Nia Becnell Family Center located at 3815 Live Oak Street. I greatly encourage you to leave your impact by volunteering at S.H.A.P.E. and be a part of our history that can't be wiped out by those who don't want you to know that we have won battles, and we are well equipped to win many more. I strongly encourage you to come because the S.H.A.P.E. of this community is strengthened by your presence. When asked how he plans to continue his work for S.H.A.P.E. and the community, Parker humbly replied by saying, "I'm going to live until I die or otherwise notified."

3

Don't underestimate traffic! - especially if you know you don't live close to the company, or if you are not used to driving during rush hour! Plan accordingly and don't rush to work on your first day! However, plan well because you don't want to be sitting in the lobby because you came an hour early!

General rule: being 5 minutes early is now being on time, and being on time, is now late!

4

Bring Food! - Everyone needs to eat! But this is especially important for those who have dietary restrictions, like vegans, vegetarians or if you're lactose intolerant, etc. Even if the company 'seems' like they would provide lunch on the first day, or food is just not that important to you, you should still pack a lunch. Remember, you will be working and learning for 8 hours!

5

Get Social! Yes, you don't really know people - well besides that one HR lady, but that won't help once you're out on the floor. And Yes, you are going to talk to your team members, your boss, and that random person in the break room! So Yes, you will have to talk and get out of your comfortable zone a little. So come ready to interact because at this point, you don't know who is who and who can help!

Hopefully this quick list was helpful! Have a great first day! Thanks for reading.



DANCEHALL SUPERSTAR

Dexter Daps's Craziest Fan Moment!

By Showtyme from the Caribbean Buzz, Afrovibes TV & Radio

Caribbean Buzz Host, Showtyme, interviewed musician Dexta Daps with DJ Silentkilla present to play some music. Dexta Daps is a Jamaican reggae singer known for his dancehall songs as well as ballads. In this interview, Dexta Daps presents some of the craziest moments involving his fans. Showtyme also showcased five notable music videos created by Dexta Daps himself.

Dexta Daps explains that one of the craziest things a fan did get to reach him was that he found one of them in his bedroom closet as he came in after a show he performed. Outrageous indeed, Dexta Daps saw how obsessed fans can get to reach their idols. More on this episode can be found on Afrovibes TV on Roku TV.

Louis Grandison, known professionally as Dexta Daps, is a Jamaican reggae singer known for his dancehall songs as well as ballads. His songs include the 2014 ballad Morning Love, 2015's 7Eleven and the 2015 song Shabba Madda Pot Following up on his singles, he launched his debut album Intro in 2017 with an erotic short film that received more than 1.6 million views on YouTube. He's been in various collaborations including with M.I.A. (rapper) and Blakkman. In 2017, reggae artist D'Angel released the song Whipped as a response to Daps' song Owner.





YOUNG TALENT:
LENA RAE

December 2020… a mother, with a love of singing, presents her 14-year-old daughter, Lena Rae, with a guitar. Lena Rae had grown up singing around the house with Mom. She hoped to learn one day to play well enough to play a song for her mother. Lena Rae loved the gift.

January, 2021… Lena Rae is Baptized. As Christians do, Lena Rae said a prayer. In this prayer she thanked God for all he has given her. She then asks God for his help in her journey to learn guitar.

A few days later…The words begin to flow. The chords became easier. The Rhythms smoother. The songs began to flow. It was as if a bridge had opened between her heart, soul, and mind. The feelings within her soul, and the emotions within her heart traveled effortlessly through her mind to the strings on her guitar and to the keys of her laptop. There was no stopping it. Lena was writing songs. Good songs and great songs.

September 2021… the phone rings. A Grammy winning producer is on the line. She wants to work with Lena Rae. She sees the talent. Lena Rae is going to have the fruit of her efforts, recorded.

December 2021… Ladies and Gentlemen, it is our pleasure to introduce, Lena Rae.

"Hi everyone, I'm Lena Rae! I'm 14 years old I'm recording music, playing gigs, and promoting myself. I attend Livingston High School and I am a cheerleader, (top of the pyramid), softball player (First Base), and song writer. I have written close to 40 songs of sadness, joy, and love. My songs come as happy, upbeat tempos, as well as slow, emotional beats. I started playing January. I am now learning two new instruments. They are piano and ukulele. This has been a dream of mine since I can remember. I have put my everything into this, including my mind, time, and words. My goal is to touch as many hearts as I can, with the emotion I put behind my lyrics. My prayer is to move you, as I am moved through melody and rhythm. Look for my music. January 30th, 2022. Available on all streaming platforms. I love you all and can't wait to see you at one of my shows."

Thank you,
Lena Rae



DYSFUNCTIONAL NIGERIA

THIS IS THE COUNTRY AND LEADERSHIP WE DESERVE

By Efe Omorogbe



It's gratifying to be proved right but it's far better to make real progress. At a voter mobilization rally in the National Stadium, Surulere, Lagos, Nigeria organised by Enough is Enough Nigeria in 2018, my friend Banky Wellington p/k/a Banky W and I analysed the lyrics of classic tunes from the likes of Fela Anikulapo Kuti, Ras Kimono, African China and others from decades prior. These songs basically reiterated the popular but depressing maxim; the more things change, the more they remain the same.

An Edo adage cautions that the prey cannot stop running while the assailant remains in hot pursuit. Until the message is received and utilized, the advocacy for better leadership and "followership" in Nigeria, Africa's slumbering giant must continue.

Permit me to use this very important platform to reiterate my message by reprising an old but relevant article first published in January 2014 on thenet.ng.

Thanks for your time.

Cliche as it sounds, it's great to be back. Really great. In 15 short years, I have moved from being a guy who couldn't stop writing to one who has to struggle really hard to write anything other than emails and short notes. Except of course, when something pricks my soft centre.

My schedule has been horrendous but that's not the main reason why writing for me has become such a struggle. I think I have changed, significantly. These days I find myself being increasingly reluctant to make comments in public space. Opinionated and intense as ever, I have somehow 'evolved' into this guy who really doesn't want to say anything for different reasons at different times. That's until something ruffles and cool and stirs my storm and man, I have to vent to survive the rush.

It's a difficult place to be at. The issues I am passionate enough to flip about are most times over-flogged in my opinion. Some others are matters I can address privately with the prime players directly so I'm very reluctant to make my comments public. This is my dilemma. This is the reason why inking a weekly column for a publication as respected and popular as NET, a privilege I truly cherish, has become such an onerous task.

But I love challenges and making this column a regular feature is one of my chosen challenges for 2014. So here we go!

Of late, few things have pushed my button harder than COSON / BON-IBAN issue and the macabre dance of utterly rudderless Nigerian politicians whose words and actions suggest clearly that they seem not to understand that there has to be in existence, a kingdom first, stable and prosperous before the notion of kingship would assume any meaning.

Late night, Tuesday, January 14 and the perilous posts that populated my yahoo mailbox were battling to kill my calm and steal my sleep. I received a Facebook notification. Jekwu Ozoemena, my roommate, course mate and friend from my Unilag days had dropped yet another dime that was as usual, causing quite a stir amongst his group of friends, fans and admirers. I ordinarily would read and not comment as it is typical of the emerging me but not one this issue. Yes, you guessed right. It is a soft centre.

He posited thus:

"The 2015 Nigerian Presidential Election is about a full year and 4 months away, yet the current drama, acrimony, horse-trading, bare-faces lies, half- truths, polarization and manipulation of the media, manipulation of the masses, treachery, corruption/stealing, cross-carpeting, beatification of Area-Boy politicians, open/closed letters and alleged "Sniper list" all remind me of the run up to the August 6, 1983 Presidential Election. Is it that we have not learnt from history?" -Jekwu Ozoemena

My response:

"It's obvious we haven't. We operate basically on the regular criminal mindset- the guys who got caught were not smart enough- so we learn nothing and consequently make no progress. We always find some excuse to stay immersed in the puddle of collective delusion"

One of Jekwu's friends on the thread "innocently" retorted and re-echoed the sentiments I have heard a lot of Nigerians express. In his words..."Bro are they educated/enlightened enough to read about the history of the failed 2nd republic , that they will learn from history? The only thing 90% of them want to learn about is how to line their pockets"

For the umpteenth time, in public space, I vehemently argue thus:

There's no 'they', this is 'us'. All of us – the assailant, hapless victim, clueless 'bystander', armchair critic, self serving activist, spineless downtrodden, ignorant common man, hypocritical middle class, oppressor-in-waiting, corrupt civil servant, conniving relatives, whoring traditional rulers, desperate religious leaders, lying, thieving cheating elders, wayward youths all us. This is who majority of us are, this is the country and leadership we deserve.

There's no 'they'! These are our spouses, blood brothers, friends, colleagues, neighbors, clients, customers...this is US!!! We easily and regularly identify the ills that plague our society and one too many times heap the blame on the doorstep of the corrupt and desperate public office holder or politician. After the complaints, what next? A majority of us will never hold a high political office. Even when democracy is entrenched and elections are free and fair, not more than 5% of 170 million people can reasonably hope to ascend high public office. And we don't even have to.

The leadership has a certain degree of responsibility but it is the followers who must hold the leaders accountable. Wherever you find yourself, you CAN, you HAVE to promote propriety. Every one of us has a responsibility to make our little spaces better places.

I hold firm. There's no 'they'. Me, you, my cousin, his father-in-law, his politician club member, your legislator friend, all us. No one owns Nigeria more than another and Nigeria isn't the land mass. It's the people. The people who fail to recognize that our traditions of shortcuts only lead to dead ends.

The 'oppressors' are guilty but who fights 'their' battles as thugs and touts? – the ignorant common man. Who blesses 'their' tithes and offering? Who flood the grounds at 'their' rallies? Who populate 'their' convoys? Whose parties do 'they' bless with 'their' honorable presence as generous guests of honour? Where do 'they' buy 'their' honorary degrees and chieftaincy titles? Whose daughters, sisters, friends get lucky and get 'stepped up' as 'their' extra wives and mistresses? The same oppressed Nigerian who complains about the leadership's gang rape of the nation.

I once asked a mobile policeman who was threatening to shoot at 'us' at one Enough Is Enough rally outside the National Assembly complex in Abuja a few years ago who between both of us was worse hit by the ills plaguing Nigeria? You can guess what his response was. He was following orders. A good number of the guys staging the protest could pay his yearly wages without a wince. Most of the guys who forced positive change in other climes didn't witness a fraction of the degradation, dehumanization and hopelessness he has grown accustomed to but we are what we are – Nigerians! We somehow always find a cogent explanation to postpone the day we have to take that step and make the sacrifice that will engender the positive change we so desire.

We will see change the day we begin to make change happen- one office, bus stop, roadblock, polling station, banking hall, classroom, mosque, church, one transaction at a time. Period!

Mental Health | Youth and Young Adults Focus



The Problem

- Here are just a few things youth and young adults are dealing right now:
  - *Pressure of academics, with added pressure of it being online*
  - *Balancing school work, extra-curricular activities, family obligations, part-time work, social expectations, puberty and maturation*
  - *Ramifications of COVID, both in school and at home*
- This can take a toll of anyone's mental health, let it along a teenager
- They don't often get access to mental health education and resources, especially in lower income communities

YsaMentality non-profit organization provides health mental education and resources to students! Ysabelle Abraham, the founder and CEO, is a mental health advocate, motivational speaker and life coach. Her goal is to make sure every teenager and young adult checks in with their mental health and knows that there are resources to help them in every aspect of their life.

- Are you looking for a mental health speaker to talk to youth and young adults?
- Are you looking for an advocate to bring awareness to students?
- Are you looking for a youth Life Coach?
- Do you want to talk to about depression, anxiety, eating order, pressures of cultural assimilation and academic excellence?

PLEASE REACH OUT TO

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Our Home and Community-Based Services (HCS) fall under 3 categories:

1. Group Homes

Our Group Homes are typically set-up for 3 consumers. They are designed to be comfortable, homely and warm - a joy to live in. Our trained awake staff (Direct Care Staff) working with the Residential manager and Nursing Staff provide the required level of care in those homes, and in our Day-Habitation Facility.

The houses have all creature-comforts, and are decorated and furnished to a high standard. Staff provide balanced meals that take account of the individual's preferences tempered only by medical requirements. The staff assist with bathing, medications, dressing, grooming, cooking, transportation to appointments and encourage them in developing social skills and functioning within the community.

An individual plan of care is developed for each individual. They are implemented and feedback from monitoring are collated to help us adjust service delivery, and provide lesson-learned during annual reviews.

2. Day-Habilitation Center

The Day-Hab provide an enriched workshop program for our individuals, and individuals from other Group Homes and Forster Careers. We have several classes that are set-up in a way to challenge the individuals. We have a sensory room that is designed to calm the individuals, murals on the wall to simulate creativity, a Game Room that had equipment.

3. Host Home/ Companion Care (Foster Care)

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> - Jay Thomas



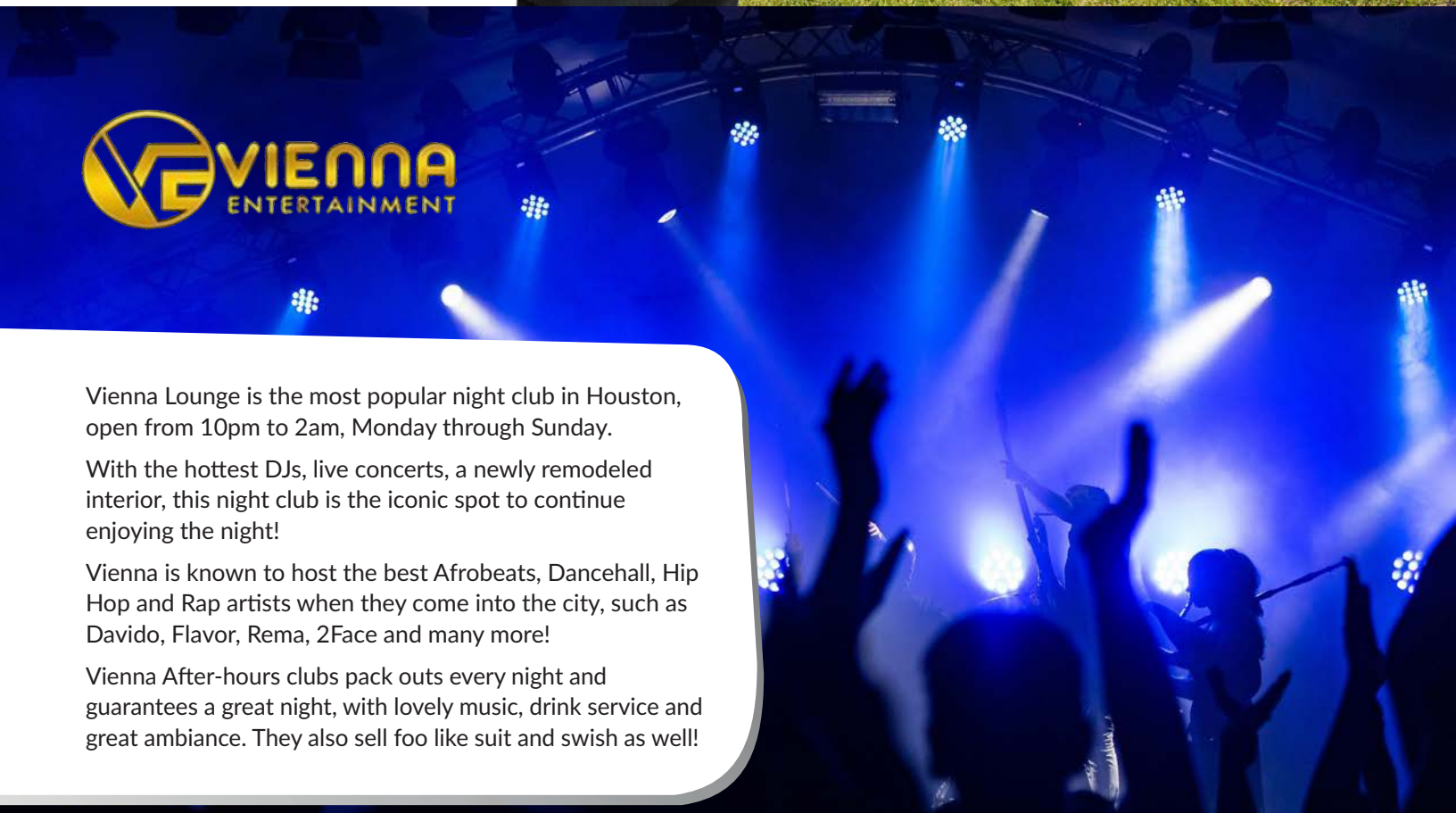
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Vienna Lounge is the most popular night club in Houston, open from 10pm to 2am, Monday through Sunday.

With the hottest DJs, live concerts, a newly remodeled interior, this night club is the iconic spot to continue enjoying the night!

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Easy Dinner Recipes for Diabetics

As a diabetic, it's important to make sure you eat healthy meals that don't cause your blood sugar to spike. With that said, you still want your food to taste beyond amazing and be easy to prepare. Check out these dinner recipe ideas for diabetics and start planning your new menu.

Lemon Salmon With Basil

Lemon makes everything taste delicious, but it seems like it was tailor-made for salmon. Delicious salmon topped with slices of lemon and garnished with basil is flavorful and healthy, and the dish doesn't take long to whip up.

Pork Tenderloin

They weren't joking when they used the word "tender" in tenderloin. A roasted, spice-rubbed pork tenderloin pairs nicely with cauliflower rice and steamed carrots, making this a well-rounded meal brimming with nutrients.

Pepper Steak With Squash

Pepper steak is even better when you can make it yourself at home, pairing it with fresh, diabetes-friendly ingredients like organic squash. Bake the squash into faux fries for a low-carb take on steak frites.

Feta Garbanzo

Nothing says summer like a delicious salad filled with feta cheese and garbanzo beans. The salad has a nice, spicy kick that won't make your sugar levels jump, making it perfect for anyone who has to watch their insulin levels.

Sea Scallops

Seared sea scallops take mere minutes to fry up, and they pack a ton of flavor. Serve them atop sautéed kale with minced garlic for a light yet filling meal.

Broiled Cod

Broiled cod is loaded with the protein you need for energy and stable blood sugar. It cooks in no time, and its flaky texture pairs well with all types of spices. Grilled bacon-wrapped asparagus makes a great side for this fresh fish dish.

Cashew Chicken With Ginger

You don't have to give up dishes with your favorite Chinese flavors when you eat diabetes-friendly meals. The slightly sweet nuttiness of the cashew mixed with the intense kick of ginger and the tender chicken all work together to create an entree loaded with flavor.

Pork Chops With Honey Garlic Sauce

The touch of honey in this dish adds just the right sweetness without overwhelming your system. The garlic brings out the rich flavor of the meat. The bonus? It all cooks in about 10 minutes.

Flank Steak

Grilled to your preferred level of doneness, this steak's flavor is enhance with red wine vinegar, black pepper and sea salt. This simple combo results in a surprisingly yummy, diabetic-approved feast.



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